

# YRMC Speakers Bureau

## Hot Topics On Health

### **Have You Ever Wondered?**

What's New at YRMC?  
What's Happening at the East Campus?  
Healing Environment Concepts and Studies

### **Have a Healthy Heart**

Healing Hearts at YRMC: Current Cardiac Procedures  
Cardiac Rehab  
Cardiac Risk Factors  
Open Heart Program  
Cardiac Stress Testing – What to Expect  
Non-Invasive Arterial Study  
Cardiac Holter Monitoring (Home Monitoring)  
Why Do I Need A Pacemaker?

### **Respiratory Wellness Program**

Sleep Apnea Basics  
Out and About with Oxygen  
COPD: Exercise helps  
COPD: Nutrition and Weight Matter  
COPD: What You Should Know  
Tips to Live Well with COPD  
Stress and COPD  
Controlling/Taking Care of Asthma  
Medications for COPD and Asthma  
Oxygen, Altitude and Travel  
Tobacco – Why it's SO Worth the Effort to Quit  
Energy Conservation and Activity for the Respiratory Challenged

### **Emergencies**

A Call for Help...What Happens When You Dial 911?  
The "File of Life" Could Save Your Life  
How to Prepare for a Visit to the Emergency Department

### **Help Yourself Stay Healthy**

How to Protect Yourself and Your Family and Other Infection  
Control Issues  
Preventing Hospital Associated Infection  
Handwashing: Is There a Right and Wrong Way?  
How to Communicate With Your Doctor  
MRSA: What is it?  
Brain Health/Epilepsy  
Alzheimer's: What Can We Do About It?  
The Flu  
The Importance of Vaccines  
Tuberculosis

### **Eat Healthy. Live Healthy**

Herbs at a Glance and Probiotics  
Complementary and Alternative Medicines  
Label Reading – Navigating Through the Grocery Store  
Heart Healthy Eating  
What Color is Your Diet?...Phytochemical Power  
Healthy Fats – Quality Carbs  
Keys to Weight Management...Calculate Your Calories  
Low Calorie Nutrient Dense Snacks  
Nutrition Away From Home  
Restaurant Nutrition  
Cholesterol – Good and Bad  
Overweight Children  
Tween (Pre-teen) Cuisine  
Healthy Liquids  
Fiber for Vitality  
What is in Season?...Fruits and Vegetables  
Obesity and Body Mass Index  
Controlling Diabetes So It Won't Control You  
Diabetes Reversal and Prevention

### **Building a Strong Body**

Exercise and the Elderly  
Osteoporosis and Fitness  
Reducing the Risk of Falls During the Winter  
Pilates and How it Works  
Exercises for Parkinson's Disease  
Communication & Swallowing Issues with Parkinson's Disease  
Speech and Memory Loss  
Stroke: Signs, Symptoms, Risk Factors, Treatment and Prognosis  
Improving Balance and Dizziness  
Starting a Walking Program  
Postural Education and the Relationship between Posture and Health  
Lifting Mechanics and Preventing Injuries in the Workplace  
Body Mechanics of the Lower Extremity and Footwear  
Women's Continence Treatment Program  
Pregnancy and Postpartum Physical Therapy  
Repetitive Motion Injuries & Ergonomics

### **Fitness for Moms**

Pregnancy, Posture, & Pain  
Pain After Pregnancy?  
Protect Your Back While Taking Care of Your Baby  
Fitness for Mommy  
Get Your Belly Back

### **Getting Fit for Life**

Evaluation and Design of a Fitness Program  
Exercise Guidelines and Current Recommendations  
Flexibility and Stretching  
Exercise 101 (Basic Exercise Concepts)  
Diet and Fitness  
Muscle Up! Improve Strength! Improve Health!  
Healthy Aging – The Secrets of Longevity  
Travel Fitness  
Adopting Healthy Lifestyle Changes

### **Help Your Neighbors: YRMC Volunteer Opportunities**

Volunteering at YRMC  
Complementary Therapies – Pet Visitation, Music & Humor  
Therapy

### **Aging and End-Of-Life Issues**

Advanced Directives  
End of Life Issues, Difficult Decisions  
Aging – How We Can Live Forever?

### **Wound Care Center**

Wound Care Myths  
Prevention Strategies of Chronic Wounds  
Skin Care  
Nutrition as it Relates to Wound Healing  
The Social and Psychological Effects of Having a Chronic Wound  
Types of Wounds Treated at a Wound Care Center  
What Causes a Wound to Become Chronic?  
Treatments for Chronic Wounds

### **Other Health Topics**

Peripheral Arterial Disease (PAD)  
Lymphedema: What, Why and How  
Keeping Your Legs Healthy  
Depression & Anxiety - Pills or Therapy?  
Alternative Medicine - Hype or Help?  
Medicare - An Historical Perspective  
Oh My Aching Back!  
Dorsal Column Stimulators  
Kyphoplasties  
Hypertension  
The Adolescent Athlete