

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
Wound Care

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?