

YRMC Speakers Bureau Hot Topics on Health

Advanced Wound Care Center

Introduction to Hyperbaric Oxygen Treatment
Introduction to Wound Care
Nutrition as it Relates to Wound Healing
Prevention Strategies of Chronic Wounds
Skin Care
The Social and Psychological Effects of Having a Chronic Wound
Transcutaneous Oximetry "tcpO2"
Treatments for Chronic Wounds
Types of Wounds Treated at a Wound Care Center
What Causes a Wound to Become Chronic?
Wound Care Myths

Aging and End-Of-Life Issues

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

The Brain Game

Age Proof your Brain
Alzheimer's: What Can We Do About It?
Brain Health/Epilepsy
Cognitive Rehab for TBI
Speech and Memory Loss

BreastCare Center

Breast Cancer Genetics
Ice Cure Therapy
The Role of the Patient Navigator
What is a Dedicated Breast MRI?
What is Your Risk of Getting Breast Cancer?

Breathe Easier

Allergies – Tips to Help You Feel Better
Boosting the Immune System to Stay Well
Breathe Well, Live Well
Controlling/Taking Care of Asthma
COPD 101
Energy Conservation and Activity for the Respiratory Challenged
How COPD Affects Swallowing
Medications for COPD and Asthma
Nutrition and Cooking for COPD
Out and About with Oxygen
Oxygen, Altitude and Travel
Sleep Apnea Basics
Stress and COPD
Tobacco – Why it's SO Worth the Effort to Quit
What Happens at the Hospital? Common Tests for COPD and Asthma

Eat Healthy. Live Healthy

Controlling Diabetes So It Won't Control You
Diabetes Reversal and Prevention
Dietary Supplements: What You Need to Know
Eating on a Budget
Food Safety in the Home
Label Reading – Navigating Through the Grocery Store
Nutrition Away From Home

Nutrition Keys to Weight Management
Obesity and Body Mass Index
Review of Popular Diets
What Color is Your Diet?...Phytochemical Power
What Does Fiber Do For You?
What is in Season?...Fruits and Vegetables

Emergencies

A Call for Help...What Happens When You Dial 911?
The "File of Life" Could Save Your Life

Fitness for Moms

Fitness for Mommy
Get Your Belly Back
Pain after Pregnancy?
Pregnancy and Postpartum Physical Therapy
Pregnancy, Posture, & Pain
Protect Your Back While Taking Care of Your Baby

Getting to the Heart of It

Advances in Patient Blood Management
Atrial Fibrillation & Stroke
Cardiac Holter Monitoring (Home Monitoring)
Cardiac Rehab
Cardiac Risk Factors
Cardiac Stress Testing – What to Expect
Congestive Heart Failure
Healing Hearts at YRMC: Current Cardiac Procedures
Non-Invasive Arterial Study
Open Heart Program
Why Do I Need A Pacemaker?

Girl Talk

Women's Continence Treatment Program
Lymphedema: What, Why and How

Have You Ever Wondered?

BAHA Implants: When Hearing Aids Don't Work
Medicare - An Historical Perspective
Preparing for your Hospital Visit
What's New at YRMC?
You're leaving the Hospital...Now What?

Help Your Neighbors: YRMC Volunteer Opportunities

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

Help Yourself Stay Healthy

Hand Washing: Is There a Right and Wrong Way?
How to Protect Yourself and Your Family and Other Infection Control Issues
MRSA: What is it?
Preventing Hospital Associated Infection
The Flu
The Importance of Vaccines
Tuberculosis

It's All About the Joints

Adult Acquired Flatfoot: Treatment Options
Advances in Joint Replacement Surgery
Ankle Replacement: Current Technology
Anterior Approach Hip Replacement at YRMC
Arthritis in the Foot & Ankle: Prevention and Treatment
Computer Assisted Hip and Knee Surgery at YRMC
Heel Pain: Conservative Treatment Options
Joint Replacement and Patient Blood Management at YRMC
Preparing for Joint Replacement Surgery

Kid Talk

Guiding Your Child to Healthier Eating
Mealtime Strategies for Picky Eaters
The Adolescent Athlete
Tween (Pre-teen) Cuisine
What's for Lunch?

Love Your Back

Oh My Aching Back!
Kyphoplasty
Physiatry: What is it?
Trail Dorsal Column Stimulators

Staying Fit, Healthy & Happy

Adopting Healthy Lifestyle Changes
Body Mechanics of the Lower Extremity and Footwear
Communication & Swallowing Issues with Parkinson's disease
Diet and Fitness
Evaluation and Design of a Fitness Program
Exercise 101 (Basic Exercise Concepts)
Exercise and the Elderly
Exercises for Parkinson's disease
Exercise Guidelines and Current Recommendations
Exercise: The Kinetic Cure
Flexibility and Stretching
Gravity: Friend, Foe & Falls
Healthy Aging – The Secrets of Longevity
How to Diagnose and Prevent Dysphagia in the Elderly
Hypertension
Improving Balance and Dizziness
Keeping Your Legs Healthy

Lifting Mechanics and Preventing Injuries in the Workplace
Muscle Up! Improve Strength! Improve Health!
Osteoporosis and Fitness
Postural Education and the Relationship between Posture and Health
Repetitive Motion Injuries & Ergonomics
Starting a Walking Program
Travel Fitness