

Programs are FREE and open to the public.

- Three program locations:

Evergreen Woods

88 Notch Hill Road, North Branford, CT

Yale-New Haven Shoreline Medical Center

111 Goose Lane, Guilford, CT

Hamden Professional Center

2560 Dixwell Avenue, Hamden, CT

- Check in: 6:15 pm • Lecture: 6:30 - 8 pm

Registration is required: Call Physician and Services

Referral Center toll-free at (888) 700-6543, or register
online at www.ynhh.org

- Light refreshments provided

All speakers are affiliated with Yale-New Haven Hospital (YNHH),
Yale School of Medicine and/or Yale School of Nursing.

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our monthly emailed newsletter.

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HEALTH & WELLNESS SERIES

All lectures from 6:30-8 pm

Living with lupus: Controlling the disease

Lupus is a chronic inflammatory disease that can affect various parts of the body, especially skin, joints, blood and kidneys. More than five million people suffer from lupus worldwide and more than 16,000 Americans develop lupus each year. Early diagnosis and proper medical treatment can significantly help control the disease. Currently the cause and cure are unknown. Joseph Craft, MD, YNHH attending physician and chief of Rheumatology at Yale School of Medicine, will conduct an open forum with questions and answers.

Tuesday, April 8 (Evergreen Woods-North Branford)

Steps in the right direction: Happy feet



Your feet and ankles are subject to a broad range of conditions throughout life. Problems with your feet or ankles can be debilitating and impact your quality of life. Join Nina Babu, MD, YNHH attending physician, clinical instructor, Internal Medicine, Yale School of Medicine, for a discussion about proper foot care, including an overview on heel pain, bunions, hammertoes, sprains/fractures and arthritis.

Thursday, April 10 (Hamden)

Tuesday, November 4 (Guilford)

Diet trends: Are they friend, fad or foe?

Need to lose weight? Planning to start a diet? Join Cheryl Robaczynski, registered dietitian and outpatient nutrition specialist at Yale-New Haven Hospital as she explores and evaluates some of the most common weight loss programs, including one of the newest supplements, Garcinia Cambogia.

Thursday, April 24 (Hamden)

Thursday, November 6 (Evergreen Woods-North Branford)

Is it allergies or chronic sinusitis?

Whether it's from allergies or chronic sinus issues, if you're one of the millions of Americans who have suffered from clogged nasal passages, you understand how miserable facial and sinus head pain can be. Join R. Peter Manes, MD, YNHH attending physician, assistant professor of Surgery, Otolaryngology (ENT) and a specialist in diseases of the nose and paranasal sinuses, Yale School of Medicine, as he sorts out chronic sinusitis from allergies, and offers new and innovative ideas on the causes and treatment of sinus infections.

Tuesday, May 6 (Guilford)

Thursday, May 8 (Hamden)



Why are women's hearts different from men's?

Studies have shown a clear difference in outcome of heart attacks between women and men. Explore the differences and learn about risk factors, diagnosis and treatment of women and heart disease. Join cardiologist Lisa Freed, MD, director of the Women's Heart and Vascular Program at Yale-New Haven Hospital, and assistant professor at Yale School of Medicine, for a closer look at women and heart disease.

Tuesday, May 13 (Guilford)

Thursday, November 13 (Hamden)

MyChart-Epic: Your secure, online health connection



MyChart is a free "patient portal" within Yale New Haven Health System (Greenwich Hospital, Bridgeport Hospital, Yale-New Haven Hospital and Northeast Medical Group).

MyChart lets patients securely access their health information and communicate with their physicians, request prescription renewals, access test results, view recent clinic visits and be an active participant in their healthcare. Join Timothy Cooney, web solutions coordinator, and Nitu Kashyap, MD, senior medical director, YNHHS Information Technology, as they explain and demonstrate the importance of this medical tool and and show you how to register for it.

Thursday, May 15 (Hamden)

Tuesday, May 20 (Guilford)

Thursday, October 9 (Hamden)

Tuesday, October 14 (Guilford)

Thyroid 101: Are my glands making me sick?

More than 50 million Americans with thyroid problems are undiagnosed. Are you one of them? The thyroid secretes hormones that deliver energy to cells in the body. It also regulates your metabolism. Over or under production of the thyroid hormone can result in medical conditions and metabolic problems that can affect your weight. Join Glenda Callender, MD, YNHH attending physician, assistant professor of endocrine surgery, Yale School of Medicine, for a discussion about thyroid disease focusing on surgical intervention, risk and recovery.

Thursday, June 5 (Hamden)

Tuesday, October 7 (Evergreen Woods-North Branford)

Picture of Health: Cardiac imaging for a healthier you

Confused or overwhelmed by all the different tests doctors order to manage your heart disease? Or just curious about ways physicians can diagnose and detect cardiac problems? Join Joyce Oen-Hsiao, MD, YNHH attending physician at YNHH and faculty at the Yale School of Medicine, as she explains the different tools available to cardiologists and other doctors to help manage heart disease. From echocardiography to stress tests to CT imaging of the heart, Dr. Oen-Hsiao will discuss when each test would be appropriate.

Tuesday, June 10 (Guilford)

Thursday, September 25 (Hamden)

Before, during and after: Menopause and middle age

The most common age range for menopause is 40-60. Prepare for this new phase of life by joining Mary Jane Minkin, MD, YNHH attending physician and clinical professor of obstetrics, gynecology and reproductive sciences, Yale School of Medicine, for a discussion about what menopause is and how to deal with bothersome symptoms. This will be a frank discussion about lifestyle interventions, over-the-counter remedies, medical therapies and the latest news. Partners are welcome.

Thursday, June 12 (Evergreen Woods – North Branford)

Urinary problems in men: It's not only about ED

In men over the age of 60, erectile dysfunction (ED), a weak urinary stream, and an urgent need to urinate frequently may be the result of a condition known as BPH (benign prostatic hyperplasia), an enlarged (non-cancerous) prostate. Men with diabetes, obesity and high cholesterol are at increased risk for both BPH and ED as well as heart disease. New treatments can effectively treat both conditions simultaneously. Join YNHH attending urologist Charles Walker, MD, assistant professor of Urology, Yale School of Medicine, for a frank discussion about men's health and learn about innovative treatments for BPH and ED.

Tuesday, June 3 – (Evergreen Woods – North Branford)

Thursday, September 11 – (Hamden)

Leaks happen: Managing urinary incontinence in women

Urine leakage and other bladder control issues are twice as common in women as in men. Research shows that half of older women suffer some form of this inability to control their bladder. Whether it's stress incontinence from weakened muscles (leakage that occurs with cough,



sneeze or activity) or overactive bladder (an overwhelming urge to urinate), these conditions can impact a woman's social life and self-esteem. Join YNHH and Yale School of Medicine physicians Toby C. Chai, MD, vice chair of research and co-director of Female Pelvic Medicine and Reconstructive Surgery, and Leslie M. Rickey, MD, Urology and Obstetrics, Gynecology & Reproductive Sciences, for a look at the causes and treatments for these conditions.

Thursday, June 19 – (Hamden)

Thursday, October 2 – (Guilford)