



EISENHOWER HEALTH

2020 SUMMER SEASON Via ZOOM

Date	Time	Presenter	Topic	Topic Description
Wednesday, Jul 8, 2020	5:30 to 6:30 pm	Don Gardenier, DNP	Colorectal Cancer: Risk, Screening, and You	Preparing for a screening colonoscopy is no fun. Anyone who has had one will tell you that. But preventing colon cancer can save your life. Join us and get the facts on colon cancer screening: who should have it, what are the different ways to screen for colon cancer, and when should you be screened. We will also review how your history could affect your family members' risk so that you can encourage them to be screened as well. Join us on Zoom to learn more
Wednesday, Jul 15, 2020	5:30 to 6:30 pm	Rajiv Tailor, MD	Treatment of Musculoskeletal Disorders: Relief Is Possible	Musculoskeletal disorders (MSDs) are conditions that can affect muscles, bones and joints including conditions like tendinitis, carpal tunnel syndrome and osteoarthritis. Sports Medicine Specialists undergo extensive training in musculoskeletal medicine and are highly capable in the management of these problems, bridging the spectrum from acute injury to rehabilitation. Join Rajiv Tailor, MD, Sports Medicine Specialist, to hear about the non-surgical treatment options available for MSDs. Join us on Zoom to learn more.
Wednesday, Jul 22, 2020	5:30 to 6:30 pm	Stephanie Farrell, MBA, RN, CCRC, CPHQ Director, Research Administration	What are clinical trials, why do we need them, and how do I enroll?	Clinical trials are important for discovering new treatments for diseases, as well as new ways to detect, diagnose, and reduce the chance of developing the disease. Unfortunately, patients often learn about clinical trials only when faced with the sudden prospect of a serious illness for which no marketed medication is available or adequate. Join Stephanie Farrell, RN, Director, Research Administration to learn more about the clinical trial process and what you need to know before you enroll. Join us on Zoom to learn more.
Wednesday, Aug 12, 2020	5:30 to 6:30 pm	Sherry Ewing, Speech Language Pathologist	Communication challenges when wearing face masks	While individuals in our community are doing their part to slow the spread of coronavirus by wearing face coverings, the masks we are wearing muffle our voices and can make communication frustrating. This is true for everyone right now, but especially so for people with hearing loss as well. We rely on visual cues like facial expressions and lip reading to help understand what people are saying. The difference between a serious statement and a joke is often the smile on our face or the tone of our voice. Please join Sherry Ewing, Speech Language Pathologist, to learn how to make your voice heard.



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Wednesday, Aug 19, 2020	5:30 to 6:30 pm	Marielena Cid, RD, CDE	Understanding the Basics of diabetes, nutrition, and common myths.	Unfortunately there are a lot of common myths about diabetes and nutrition that are simply not true. That is why it is important to get the facts, so you can make better decisions to manage your diabetes. Knowing how to create a strong foundation of education will help you to manage your diabetes in everyday situations. Join us on Zoom to learn more.
Wednesday, Aug 26, 2020	5:30 to 6:30 pm	K. Douglas Thrasher, DO, FAAFP Core Faculty, Family Medicine Residency Program	The Good, The Bad and the Ugly: Opiates, Pain and Addiction	Join K.D. Thrasher, DO, for discussion regarding the use and abuse of drugs used to treat pain. Learn what opiates have been shown to treat, how should doctors be recommending their use and what to do when they become a problem. Join us on Zoom to learn more.