

Summer 2012

Upcoming Seminars

The VCU Medical Center offers a series of free educational seminars featuring experts providing important health information, sharing their expertise and answering questions on current health topics. **The following seminars will take place from 5:30 to 6:30 p.m. at the Lewis Ginter Botanical Garden, Education and Library Complex, 1800 Lakeside Ave.** All of the seminars are free and open to the public, however registration is recommended. All dates and times are subject to change or cancellation.

Tuesday, July 10, 2012

What Happens When the Eyes Get Wise?

Join Dr. Evan Kaufman, from the VCU Department of Ophthalmology, as he discusses the normal and abnormal conditions that can occur in the eyes as we grow older.

Tuesday, July 24, 2012

Eat Right with Color™

Different foods add a variety of color, texture, shape and flavor to meals and snacks, as well as different nutrients. You can pack more nutrition into your day with colorful foods on your plate. Join Mary-Jo Sawyer, a registered dietitian at the VCU Medical Center, as she offers advice on how to make quick, delicious and healthy food choices at home and on the run.

Tuesday, July 31, 2012

Tremors: Myths, Latest Breakthroughs and Taking Action

Join Dr. Claudia Testa, from the VCU Parkinson's and Movement Disorders Center, as she dispels the myths about tremors, their causes and when to seek medical treatment for them. She will also discuss available treatment plans to regain control and improve your quality of life.

Tuesday, August 14, 2012

Urinary Incontinence: It's More Common and Treatable Than You Think

Join Dr. Ashley Carroll, a specialist in urogynecology at the VCU Medical Center, as she discusses the causes of urinary incontinence and the latest treatment options available.

Tuesday, August 21, 2012

The Latest About Osteoporosis: Risk Factors and Treatment Benefits

Join Drs. Robert Downs, Jr. and Diane Biskobing, from the VCU Division of Endocrinology and Metabolism, for a discussion about what you should know about osteoporosis and the treatments available to decrease the risk of fractures.

Wednesday, August 29, 2012

Bone Up on Treatments for Arthritic Hips and Knees

Join Dr. William Jiranek, from the VCU Department of Orthopaedic Surgery, as he talks about the importance of protecting your joints, maintaining mobility as you grow older and slowing down arthritis.

Call (804) 828-0123 to register or for more information.



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