

Fall 2015 Series ■ To Your Health!



The Highlands at Pittsford and UR Medicine have joined forces to bring you a series of free health and wellness lectures designed to inspire and educate.

Offered at convenient times for active older adults, our afternoon programs are taught by UR Medicine's faculty of distinguished physicians and other providers affiliated with Strong Memorial Hospital, Highland Hospital, the Eastman Institute for Oral Health, Visiting Nurse Service, and other affiliates of the Medical Center.

All lectures in this coming semester will be held at The Hahnemann Club, 301 Stoutenburgh Lane, located on The Highlands at Pittsford Campus (off Rte. 31, just east of the Village of Pittsford). The Club is an ideal setting for learning and socializing with curious, like-minded peers, with parking conveniently located right outside the clubhouse along the street.

If you are committed to leading a full, vibrant, and healthy life, we encourage you to register for what promises to be thought-provoking and enriching lectures.

To register, call (585) 275-URMC (8762). Class size is limited, so sign up today!

A health and wellness lecture series for active older adults

Fall 2015 Series



The Hahnemann Club
at
301 Stoutenburgh Lane
The Highlands at Pittsford
100 Hahnemann Trail
Pittsford, New York 14534
Retirement Living at Its Best
THE HIGHLANDS
AT PITTSFORD
PREMIER SENIOR LIVING COMMUNITY



To Your Health!

Ahmed Ghazi, MD

Date: Tuesday, November 3, 2015
Time: 4:00 pm-5:00 pm

Prostate cancer is a disease that every man, who lives long enough, is expected to develop. Several treatment options exist including surveillance, surgical removal, radiation therapy and hormonal/chemotherapy. Patients often find the process of selecting a treatment path stressful when many treatment options exist. This lecture will enlighten the audience to the multiple variables that may influence their individualized decision-making process in therapy selection.

Treating Prostate Cancer, The Paradox of Choice



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The Secret to Stress Management

Sraddha Prativadi, MD

Date: Tuesday, November 10, 2015

Time: 4:00 pm-5:00 pm

Stress can be good because it inspires you to get things done. But too much stress can knock you off your feet. How can you keep your balance while dealing with stress in your life? Dr. Sraddha Prativadi is a board-certified OB-GYN physician with a passion for wellness and stress reduction. Dr. Prativadi will give you helpful tips!

Memory Changes Associated with Aging - When to worry and what can be done about it.

Anton P. Porsteinsson, MD

Date: Tuesday, November 17, 2015

Time: 4:00 pm-5:00 pm

At the end of this program, the audience will be:

1. Familiar with the memory changes associated with aging
2. Able to describe the differences between pre-dementia and dementia states, including Mild Cognitive Impairment and Alzheimer's Disease
3. Describe the process of screening for and making a differential diagnosis associated with a compromised intellectual function
4. Discuss the role of medications in treating cognitive impairment
5. Aware of research opportunities across the spectrum of cognitive impairment

From Diagnosis to Treatment: Breast Cancer Care in 2015

Rachel Farkas, MD

Date: Tuesday, November 24, 2015

Time: 4:00 pm-5:00 pm

Breast cancer diagnosis and treatment has changed drastically in the last 50 years. Diagnosis has become more sophisticated with multiple imaging modalities, including mammogram, ultrasound and MRI. Diagnosis is made quickly and accurately with image guided biopsy. Treatment for breast cancer now focuses on tumor biology and treatments are tailored to each individual patient. This lecture will focus on how we diagnose and treat patients in 2015.

I've Been Given a Cancer Diagnosis - What do I do first?

Sandra E. Sabatka, LMSW

Date: Tuesday, December 1, 2015

Time: 4:00 pm-5:00 pm

Of all life events, a cancer diagnosis can be one of the most startling and disturbing. This discussion will focus on tips to help patients and their families reduce stress and become more confident in their ability to maintain a sense of control and know where to turn in times of need.

