

The Hahnemann Club
301 Stoutenburgh Lane
at
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!

A health and wellness lecture
series for active older adults

Spring 2017 Series



Spring 2017 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, UR Medicine Home Care, and other affiliates.

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!**



Stroke: Treating the Untreatable

Dr. Tarun Bhalla

Date: Tuesday, May 30

Time: 4:00 - 5:00 pm

Every 40 seconds, someone in the United States has a stroke. Currently, two-thirds of the American population knows someone who has had a stroke, and nearly half of those people provided some form of care or assistance to a stroke victim. Over the past decade, UR Medicine has been a national source of stroke expertise and leadership. Dr. Tarun Bhalla, Assistant Professor of Neurosurgery, Neurology and Imaging Sciences and Surgical Director of the UR Medicine Stroke and Cerebrovascular Center, will present recent advances in the diagnosis of acute stroke and cerebrovascular disease, and will describe some game-changing initiatives underway to help change the landscape of treatment for this devastating disease.



Let's Talk About A Healthy Mouth While Aging!

Dr. Adina Jucan

Date: Tuesday, June 6

Time: 4:00 - 5:00 pm

Many people believe that as we age, losing your teeth is inevitable. This is not true! If your teeth are properly cared for, they can last you a lifetime. Many changes occur in our mouths as we age. The nerves in our teeth can become smaller, which makes our teeth less sensitive to cavities and other problems. If we don't maintain regular dental exams, this can lead to problems not being diagnosed until it is too late. In this presentation, Dr. Jucan will talk about how we can keep a "healthy mouth" by maintaining good oral health!



Colon Cancer: All too common... yet easy to identify and treat.

Dr. Larissa Temple

Date: Tuesday, June 20

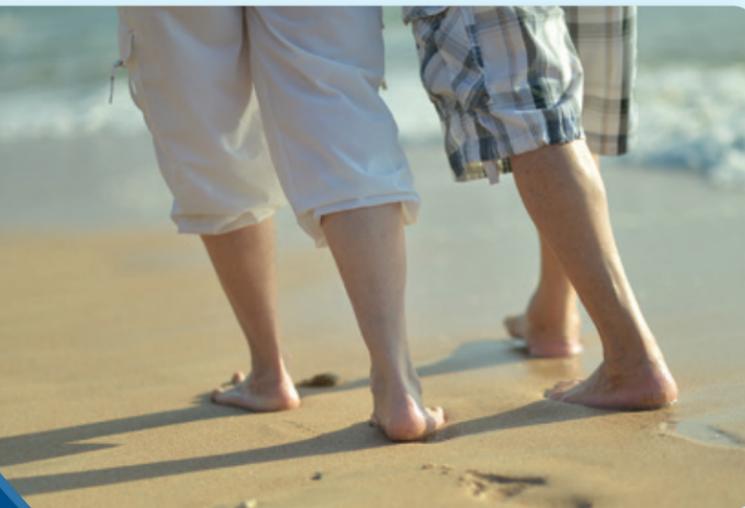
Time: 4:00 - 5:00 pm

Our colorectal surgeons at UR Medicine offer the highest expertise in the prevention, detection and treatment of colorectal cancer. We are among the nation's leaders in helping to identify colon cancer earlier, and to provide more effective, individualized treatment plans that minimize risk and side effects. Join us for a lecture to learn about risk factors, prevention and advances in colon cancer treatment.



Vein Treatments and Pain Alternatives

Dr. David Lee



Date: Tuesday, June 13

Time: 4:00 - 5:00 pm

Dr. David Lee, Chief of Interventional Radiology at UR Medicine, will be discussing treatment options for common health issues like varicose veins in both men and women. He will also review of a variety of non-surgical pain treatments.

Maintaining Joint Health

Dr. Benjamin Ricciardi



Date: Tuesday, June 27

Time: 4:00 - 5:00 pm

In this presentation, Dr. Ricciardi will address the factors that protect joints from injury and help individuals stay active as they age. Further points of discussion will include both non-operative and operative treatment of joint problems.