



COMMUNITY HEALTH EDUCATION CENTER



# Community Health Education Programs

IN HYDE PARK VILLAGE ■ 740 South Village Circle, Tampa 33606

PRESENTED BY TAMPA GENERAL HOSPITAL

## FREE SCREENINGS & MORE

By Appointment Only

**Friday, January 20, 2012**

Advance Directives Counseling Service

**Friday, February 3, 2012**

Check your Medications: Free Consultation with our Pharmacy Staff

**Tuesday, February 7, 2012**

Free Blood Pressure, Glucose & Total Cholesterol Screening

Seating is limited.

**Monday, January 9, 2012**

Nutrition is Good Medicine (Four-week program)

**Tuesday, January 10, 2012**

Freedom from Smoking (Seven-session program)

**Tuesday, January 17, 2012**

A Matter of Balance (Eight-session program)

**Thursday, January 19, 2012**

Know Your Stats: Understanding Prostate Cancer

**Friday, January 20, 2012**

What You Need to Know About Advance Directives

**Friday, January 20, 2012**

Advance Directives Counseling Service

**Thursday, January 26, 2012**

Understanding Paps and HPV Screenings

**Friday, January 27, 2012**

Tooth Repair & Replacement Techniques

**Thursday, February 2, 2012**

Heart Disease and Risk Factor Modification

**Friday, February 3, 2012**

Managing Your Medications

**Friday, February 3, 2012**

Check your Medications: Free Consultation with our Pharmacy Staff

**Monday, February 6, 2012**

Exercise is Good Medicine (Four-week program)

**Friday, February 17, 2012**

When to See a Cardiologist

**Wednesday, February 22, 2012**

Living Healthy (Six-week program)

**Thursday, February 23, 2012**

Crohn's Disease: Causes, Diagnosis and Therapy

**Friday, February 24, 2012**

Managing Menopause

**Friday, March 2, 2012**

Methods for Weight Management

**Thursday, March 15, 2012**

Childhood and Adolescent Scoliosis: What Parents Need to Know

**Friday, March 23, 2012**

Treatments for Congestive Heart Failure

**Thursday, March 29, 2012**

Laser Vision Correction: Yesterday, Today, and Tomorrow

**Friday, March 30, 2012**

Breast Imaging for Early Detection of Breast Cancer

Register for these programs via phone at 1-800-822-3627 or on-line at [www.tgh.org](http://www.tgh.org)

**Health information is at YOUR fingertips.**



**Check out Tampa General Hospital's web site to browse health information, view animated videos, and find information about prescription drugs.**

**To get started, visit [www.tgh.org](http://www.tgh.org) and click on the 'Health Information from A – Z' link on the homepage.**



**Monday, January 9, 2012**

5:30 PM – 7:00 PM Program

## **Nutrition is Good Medicine (Four-week program)**

**Suzan Mekler, CHE, AHFS**, (*Advanced Health & Fitness Specialist*), **PRCS** (*Post Rehabilitation Conditioning Specialist*), **CPT** (*Certified Personal Trainer*), *Diabetes educator, certified Pilates instructor, NS (Nutrition Specialist)*

**Meeting Dates: January 9, 16, 23, 30**

Most of us know that good nutrition and exercise are essential parts of a healthy lifestyle. In fact, inactivity and poor diet have been found to be as detrimental to our well-being as smoking. This comprehensive program is designed to educate you about the basics of good nutrition, how to develop easy, healthier eating habits, and to recognize the connection between stress and your health. **Participation is limited and registration is required.**

**Tuesday, January 10, 2012**

6:00 PM Check-in / 6:30 PM Program

## **Freedom from Smoking (Seven-session program)**

**Dan Ventimiglia, RRT, RPSGT, Bill Roberto, MST, RRT, Kim Molinaro, RRT & Scott Spegal, RRT**,  
*TGH Respiratory Therapists*

**Meeting Dates: January 10, 17, 24, 31;  
February 7, 14, 21**

Have you been trying to stop smoking? Do you want to stop and just don't know how? This free seven-session program will lead smokers through the process of quitting their habit, beginning with building motivation and developing strategies for maintaining a smoke-free lifestyle.

**Registration is required by January 8, 2012.**

**Tuesday, January 17, 2012**

10:00 AM – 12:00 PM Program

## **A Matter of Balance (Eight-session program)**

**Provided by the West Central Florida Area Agency on Aging, Inc., Suzan Mekler, CHE, AHFS**, (*Advanced Health & Fitness Specialist*), **PRCS** (*Post Rehabilitation Conditioning Specialist*), **CPT** (*Certified Personal Trainer*), *Diabetes educator, certified Pilates instructor, NS (Nutrition Specialist) & Tamika Powe, Community Health Education Coordinator, Tampa General Hospital*

**Meeting Dates: January 17, 24, 31;  
February 7, 14, 21, 28; March 6**

Do you have concerns about falling? A Matter of Balance can help reduce the fear of falling and increase the activity levels of older adults. Learning to manage concerns about falls and use of practical strategies to reduce this fear can lead to increased activity levels. Join us to learn techniques to view falls and the fear of falling as controllable, set realistic goals to increase activity, exercise to increase strength and balance and other ways to manage concerns about falls. You must be over the age of 60 to register for this program. **Participation is limited and registration is required.**

**REGISTER FOR THESE PROGRAMS  
VIA PHONE AT 1-800-822-3627  
OR ON-LINE AT WWW.TGH.ORG**

**SEATING IS LIMITED**



**Thursday, January 19, 2012**

6:00 PM Check-in / 6:30 PM Program

## **Know Your Stats: Understanding Prostate Cancer**

Free prostate cancer screening opportunity provided for first 60 men who register and attend

**Alejandro R. Rodriguez, MD**, *Assistant Professor of Urology, Department of Urology, USF College of Medicine*

Prostate cancer is a form of cancer that develops in the prostate, a gland in the male reproductive system. Most prostate cancers are slow growing; however, there are cases of aggressive prostate cancers. The cancer cells may metastasize (spread) from the prostate to other parts of the body, particularly the bones and lymph nodes. Prostate cancer may cause pain, difficulty in urinating, problems during sexual intercourse, or erectile dysfunction. Other symptoms can potentially develop during later stages of the disease. Free prostate cancer screening vouchers will be provided for the first 60 men who register and attend this valuable event. A free screening for those with vouchers will be provided on a subsequent Saturday, compliments of USF Health at the USF Health South location on the Tampa General Hospital campus. Details of this screening will be provided at the January 19, program.

**Friday, January 20, 2012**

9:30 AM Check-in

10:00 AM – 11:00 AM Program

## **What You Need to Know About Advance Directives**

**Cyndi Cramer, BA, RN, OCN, PCRN**, *Tampa General Hospital Clinical Administrative Supervisor & Palliative Care Educator*

If you are incapacitated how would a medical team know what your treatment wishes are? An advance directive answers all these questions. Advance directives are legal documents that let the hospital and your family know how you want your end-of-life decisions to be carried out. It addresses issues such as the use of breathing machines, resuscitation, tube feedings and organ and tissue donation. It also names a proxy to make decisions for you. Join us to learn why these decisions are important to make now, before you need them.

**Friday, January 20, 2012**

11:00 AM – 12:00 PM

First-come, first-served

## **Advance Directives Counseling Service**

Meet individually with one of our palliative care professionals and they will answer your personal questions, address your concerns and can help you complete your own advance directive.



**Wednesday, January 25, 2012**

12:30 PM Check-in / 1:00 PM – 4:00 PM Program

## **Parkinson's Disease 101**

Join our staff for this interactive class to learn about Parkinson's disease. Conducted by an advanced registered nurse practitioner and social worker specializing in movement disorders, this class will include information on current treatments, medicinal therapies and available resources.

**Thursday, January 26, 2012**

6:00 PM Check-in / 6:30 PM Program

## **Understanding Paps and HPV Screenings**

**Shelly Holmstrom, MD**, *Assistant Professor, Department of OB/GYN, USF College of Medicine*

The Papanicolaou test (Pap smear) is a remarkable screening tool which has decreased the risk of cervical cancer dramatically. Our understanding of the role played by HPV (Human Papilloma Virus) in cervical cancer and our ability to test for it have further revolutionized this screening process over the past decade. The old standard of pap smears every year for all women no longer applies, and this can be confusing. Join us to learn more about when to start getting paps, how often you should get them, and what an abnormal pap means.



**Friday, January 27, 2012**

10:00 AM Check-in / 10:30 AM Program

## **Tooth Repair & Replacement Techniques**

**Caitlin Martini, DMD**, *Muscaro and Martini Dentistry & Matthew T. Waite, DDS, MS, Periodontal and Dental Implant Specialist*

Unlike the dentist of your mother's day, today's dentist can offer alternatives to the standard fillings, crowns, implants, dentures or bridge constructions. Missing teeth, whether one or all of them, can be replaced in a more permanent manner that look and feel natural. Instead of the hassles of removing, polishing, bleaching, adhering and re-adhering dentures or removable bridges, you can look forward to a mouthful of teeth that look, function and feel just like the real thing.

**Thursday, February 2, 2012**

6:00 PM Check-in / 6:30 PM Program

## **Heart Disease and Risk Factor Modification**

**Brenda Junco, PhD, ARNP, NEA-BC**

Heart disease is a general term that refers to any disease or condition of the heart, including coronary heart disease, hypertension, heart failure and angina. While heart disease can be hereditary, many of these conditions can be managed through lifestyle changes. Join us to learn about some of the common conditions of the heart and ways to manage them.

**Friday, February 3, 2012**

10:00 AM Check-in / 10:30 AM Program

## **Managing Your Medications**

**Drew Silverman, PharmD**, *Tampa General Hospital*

Medicine, along with lifestyle changes, may be part of your treatment plan to reduce the risk of future health problems. You may be taking many medicines at one time. It's important for you to understand your medications and take them correctly. Join us to learn more about how your medications may interact with one another and the importance of managing them.

**Friday, February 3, 2012**

1:00 PM – 3:00 PM

By Appointment Only



## **Check your Medications: Free Consultation with our Pharmacy Staff**

Our pharmacy staff will provide a complimentary review of your current medications. Please bring prescription medications as well as any over-the-counter medications, vitamins or herbal supplements you may take to find out if they are safe to use together. **Registration is required and appointments are limited.**

**Monday, February 6, 2012**

5:30 PM – 7:00 PM Program

## **Exercise is Good Medicine (Four-week program)**

**Suzan Mekler, CHE, AHFS**, (*Advanced Health & Fitness Specialist*), *PRCS (Post Rehabilitation Conditioning Specialist)*, *CPT (Certified Personal Trainer)*, *Diabetes educator*, *certified Pilates instructor*, *NS (Nutrition Specialist)*

**Meeting Dates: February 6, 13, 20, 27**

Most of us today know that exercise and good nutrition are essential parts of a healthy lifestyle. In fact, inactivity and poor diet have been found to be as detrimental to our well-being as smoking. This comprehensive program is designed to teach you about the importance of exercise, different types of exercise, and ways to incorporate physical activity into our lifestyles. **Participation is limited and registration is required.**

**REGISTER FOR THESE PROGRAMS  
VIA PHONE AT 1-800-822-3627  
OR ON-LINE AT WWW.TGH.ORG**

**SEATING IS LIMITED**



Tuesday, February 7, 2012

1:00 PM – 4:00 PM

By Appointment Only

## Free Blood Pressure, Glucose & Total Cholesterol Screening

It's important to “know your numbers” and take charge of your health. Our complimentary screening is a great way to stay informed about your health. Test results are provided immediately using general, non-fasting ranges. No preparation is necessary. Fasting is not required. **Registration is required and appointments are limited.**



Friday, February 17, 2012

10:00 AM Check-in / 10:30 AM Program

## When to See a Cardiologist

Ignacio Gallardo, MD

While your primary care physician can manage most of your day-to-day health problems, there are times when you should see a cardiologist who is trained to recognize signs of heart disease. A cardiologist can run tests and take a more in-depth look and help you understand what is needed to keep your heart healthy. Join us to learn when seeing a cardiologist might be a good idea.

Wednesday, February 22, 2012

1:30 PM – 4:00 PM Program

## Living Healthy (Six-week program)

Provided by the West Central Florida Area Agency on Aging, Inc., **Suzan Mekler, CHE, AHFS**, (*Advanced Health & Fitness Specialist*), **PRCS** (*Post Rehabilitation Conditioning Specialist*), **CPT** (*Certified Personal Trainer*), *Diabetes educator, certified Pilates instructor, NS (Nutrition Specialist)*, & **Tamika Powe**, *Community Health Education Coordinator, Tampa General Hospital*

**Meeting Dates: February 22, 29;  
March 7, 14, 21, 28**

Are you an adult experiencing a chronic health condition such as hypertension, arthritis, heart disease, stroke, lung disease or diabetes? If so, you, your family, friends and/or caregivers may wish to attend this program. This program will provide information and teach practical skills for managing chronic health problems while giving people the confidence and motivation they need to manage the challenges of living with a chronic health condition. **Participation is limited and registration is required.**

Thursday, February 23, 2012

6:00 PM Check-in / 6:30 PM Program

## Crohn's Disease: Causes, Diagnosis and Therapy

**Patrick Brady, MD**, *Director of the Endoscopy Center, Tampa General Hospital, and Program Director of the USF Gastroenterology Fellowship*

Crohn's disease is a form of inflammatory bowel disease (IBD) that affects the intestines, but may occur anywhere along the gastrointestinal tract. While the exact cause of Crohn's disease is unknown, the condition is linked to a problem with the body's immune system response. At this educational forum, we will discuss the causes and factors of developing Crohn's disease, as well as diagnosis and available treatments.



**Friday, February 24, 2012**

10:00 AM Check-in / 10:30 AM Program

## **Managing Menopause**

**Barry Verkauf, MD**, *Professor of Reproductive Endocrinology and Infertility, Department of OB/GYN, USF College of Medicine*

Many of the symptoms that come with menopause are stressful, even if they are temporary. Most of these problematic symptoms can be relieved or treated so you don't have to disrupt your life to stay healthy and preserve your sanity. Join us to learn what your options are, get your questions answered and get some relief.

**Friday, March 2, 2012**

10:00 AM Check-in / 10:30 AM Program

## **Methods for Weight Management**

**Karon LoCicero, MD**

If followed, a medically-supervised program can help you reach a healthy goal weight in a supportive, high-tech environment. Programs such as supplemented fasting, modified supplemented fasting, and a prescription medication and food program may work for you. Join us to find out if a healthy weight is in your future.

**Thursday, March 15, 2012**

6:00 PM Check-in / 6:30 PM Program

## **Childhood and Adolescent Scoliosis: What Parents Need to Know**

**Anthony P. Moreno, MD**

Scoliosis is a musculoskeletal disorder characterized by a sideways curvature of the spine, or backbone. According to the National Institute of Arthritis and Musculoskeletal and Skin Diseases, out of 1,000 children, three to five develop spinal curves that are considered large enough to need treatment. Adolescent scoliosis that has an unknown cause (known as structural scoliosis) is the most common type and occurs after the age of 10. Girls are more likely than boys to have this type of scoliosis, and because scoliosis can run in families, a child who has a parent, brother or sister with scoliosis should be checked regularly for scoliosis by the family doctor. Join us to learn about the causes, classifications and treatment options of scoliosis.

**Friday, March 23, 2012**

10:00 AM Check-in / 10:30 AM Program

## **Treatments for Congestive Heart Failure**

**Luis Arroyo, MD**

Congestive heart failure occurs when your heart can't pump enough oxygen-rich blood to meet your body's needs. When your heart doesn't pump efficiently, blood may back up into your lungs and other tissues. The severity of congestive heart failure depends on how much pumping capacity your heart has lost. As we age, most people lose some pumping capacity, but those suffering from congestive heart failure have very little pumping capacity. Congestive heart failure often results from damage caused by a heart attack, high blood pressure, diabetes or other conditions. Join us to find out what your options for treatment are at this informative session.

# **Go Green!**

**Would you prefer to receive this publication via email?** If so, please call **1-800-822-3627** and provide your email address. You may also opt out of our mailing list at any time by calling the number above.

**Thursday, March 29, 2012**

6:00 PM Check-in / 6:30 PM Program

## **Laser Vision Correction: Yesterday, Today, and Tomorrow**

**Lewis R. Groden, MD**, *Associate Professor, USF Department of Ophthalmology, Executive Medical Director, LasikPlus Vision Centers / LCA Vision, Medical Director, Lions Eye Institute for Transplant and Research*

LASIK (laser-assisted in situ keratomileusis) is commonly referred to as laser eye surgery. This outpatient procedure is performed by an ophthalmologist using a laser to correct refractive errors such as near-sightedness, far-sightedness and astigmatism. Join us for this in-depth discussion to learn about LASIK and how candidates for this procedure are chosen.

**Friday, March 30, 2012**

10:00 AM Check-in / 10:30 AM Program

## **Breast Imaging for Early Detection of Breast Cancer**

**Todd Robert Kumm, MD**, *Assistant Professor, Department of Radiology, Program Director, Radiology Residency Training Program, USF College of Medicine*

Breast cancer is the second leading cause of death and the most commonly diagnosed non-skin cancer in American women. It is estimated that approximately 200,000 women will be diagnosed this year, and one in 10 of these women will, at some point, develop the disease in the opposite breast. Recent advances in technology, experience and expertise make it easier to diagnose breast cancer at an earlier stage, leading to a higher chance of successful treatment. Join us to learn about the individually tailored comprehensive evaluations for the early detection and diagnosis of breast diseases.

**Friday, January 20, 2012**

11:00 AM – 12:00 PM

First-come, first-served

## **Advance Directives Counseling Service**

Meet individually with one of our palliative care professionals and they will answer your personal questions, address your concerns and can help you complete your own advance directive.

**Friday, February 3, 2012**

1:00 PM – 3:00 PM

By Appointment Only

## **Check your Medications: Free Consultation with our Pharmacy Staff**

Our pharmacy staff will provide a complimentary review of your current medications. Please bring prescription medications as well as any over-the-counter medications, vitamins or herbal supplements you may take to find out if they are safe to use together. **Registration is required and appointments are limited.**

**Tuesday, February 7, 2012**

1:00 PM – 4:00 PM

By Appointment Only

## **Free Blood Pressure, Glucose & Total Cholesterol Screening**

It's important to "know your numbers" and take charge of your health. Our complimentary screening is a great way to stay informed about your health. Test results are provided immediately using general, non-fasting ranges. No preparation is necessary. Fasting is not required. **Registration is required and appointments are limited.**



## Tampa Bay Stroke Education & Support Group

This educational support group provides stroke survivors, caregivers, and all interested individuals with information about stroke awareness, recovery and prevention. The group also discusses community offerings for people with disabilities.

**DATES:** Meets first Wednesday of each month

**TIME:** 5:00 PM – 6:00 PM

**CONTACT:** Ann LaPlaca, (813) 844-7641; [alaplaca@tgh.org](mailto:alaplaca@tgh.org), or Karen Wilson, RN, Stroke Coordinator, (813) 844-8434

## “Sweet Ones” Diabetes Support Group

This group provides a forum for people living with diabetes and their family/friends to facilitate self-management.

**DATES:** January 28, February 25, March 24

**TIME:** 1:00 PM – 2:30 PM

**CONTACT:** Laura A. Gil, RN, BSN, CDE, (813) 844- 8091; [lgil@tgh.org](mailto:lgil@tgh.org)

## Spanish Diabetes Support Group

This group provides a forum for Spanish speaking people living with diabetes and their family/friends to facilitate self-management.

**DATES:** January 21, February 18, March 17

**TIME:** 3:00 PM – 4:30 PM

**CONTACT:** Marta Sanchez, RN, BSN, CDE, Diabetes Educator, (813) 844-8591

## Be a TGH SuperSitter

Babysitting class & CPR training for 11 – 15 year olds.

- Learn basic first aid
- Become CPR certified (certification is in pediatric CPR)
- Learn how to handle emergency situations
- Learn age-appropriate play activities

**DATES:** January 7, February 4, and March 3

**TIME:** 9:00 AM – 1:00 PM

**COST:** \$25 per person

**CALL: (813) 287-5032 TO REGISTER**

## The Ostomy Support Group of Tampa Bay

This is a support group for individuals and their family members with ostomies (colostomy, ileostomy, urostomy). **Please call to RSVP.**

**DATES:** January 21, March 17

**TIME:** 10:00 AM - Noon

**CONTACT:** Molly Holt, (813) 844-7160, or Amy Evans, (813) 844-7597

## Parkinson's Disease Young Onset Support Group

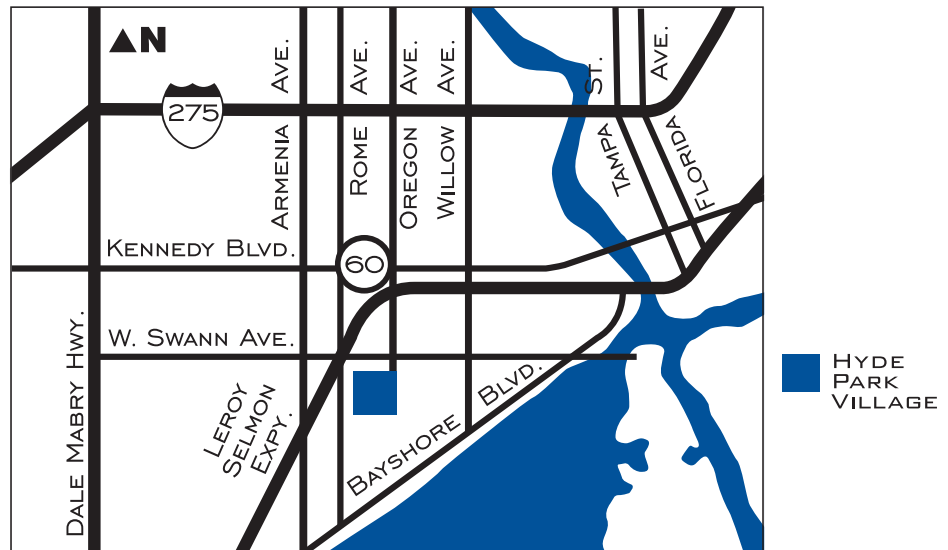
This support group is open to young onset Parkinson's disease patients age 59 and younger and their families. The group discusses ideas and challenges, shares experiences and hears from medical experts.

**DATES:** January 18, 2012

**TIME:** 6:30 PM – 8:00 PM

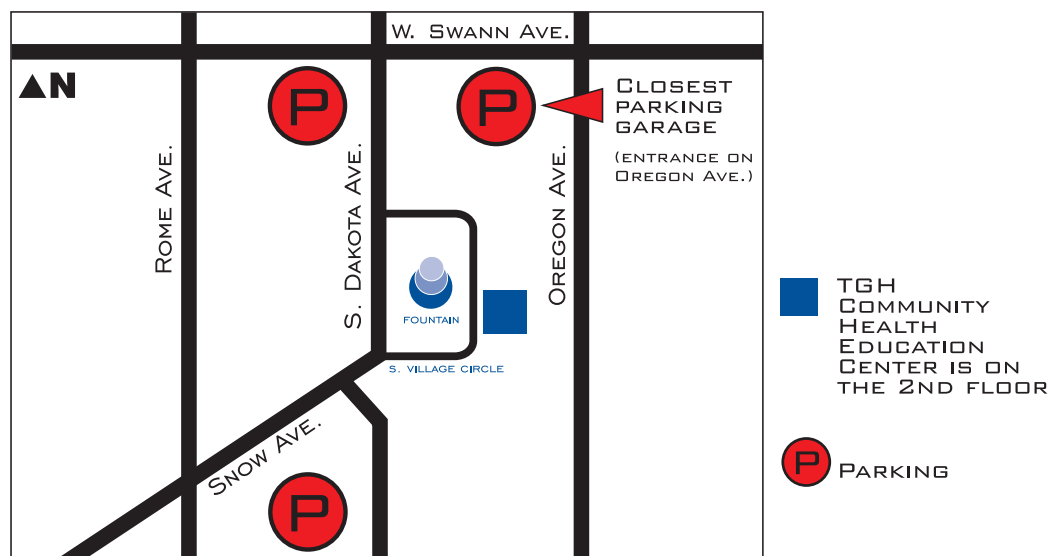
**CONTACT:** Denise Fife, RN, [dafife@tgh.org](mailto:dafife@tgh.org)

# DIRECTIONS



## 740 SOUTH VILLAGE CIRCLE, TAMPA 33606

HYDE PARK VILLAGE IS LOCATED AT SWANN AVENUE AND S. DAKOTA AVENUE – JUST MINUTES FROM DOWNTOWN TAMPA.



**From Downtown Tampa, Channelside or Ybor City:** Take Brorein St. to Bayshore Blvd. Turn right onto W. Swann Ave. Turn left onto Oregon Ave., and turn right into the parking garage, OR take Kennedy Blvd. and turn left onto Willow Ave. Turn right onto W. Swann Ave. Turn left onto Oregon Ave., and turn right into the parking garage.

**From Brandon:** Take the Selmon Crosstown Expressway Westbound to exit 4, Willow Ave. Turn left onto Willow Ave. Turn right onto W. Swann Ave. Turn left onto Oregon Ave., and turn right into the parking garage.

**From the West:** Take I-275 Northbound. Take exit 42, Armenia Ave. / Howard Ave. Turn right onto N. Armenia Ave. Turn left onto W. Swann Ave. Turn right onto Oregon Ave., and turn right into the parking garage.

**Free Parking** is available in the parking garages located on the corners of Swann Ave. and S. Dakota Ave., Swann Ave. and Oregon Ave. and at the corner of Snow Ave. and Rome Ave. The closest parking garage is indicated on the map above. When parking in that garage, exit at 2nd floor and follow walkway to the Tampa General Hospital Community Health Education Center. All garages are within walking distance of the Tampa General Hospital Community Health Education Center.





COMMUNITY HEALTH  
EDUCATION CENTER

P.O. Box 1289  
Tampa, Florida 33601-1289

## Community Health Education Programs

IN HYDE PARK VILLAGE



**"Like" us on Facebook for health tips,  
event information and more!**

Visit [www.facebook.com/tampageneralhospital](http://www.facebook.com/tampageneralhospital)