



REGISTER ONLINE AT
portsmouthhospital.com

Or call
 1-888-421-1080

Forums are
 Monday evenings,
 6:00 – 8:30 pm*

*New time

Location:

Frank Jones Center
 Route 1 Bypass South
 Portsmouth, NH

\$5.00 registration
 per person

Contact Hours available
 for medical professionals

We've expanded our highly regarded Women's Care Lecture Series into a new format of health forums on topics of special interest to women. These sessions will

convene a panel of specialists, present a variety of perspectives, and allow for in-depth conversations in an expanded time frame.

Please join us for:

October 5

Taking Care of Mind, Body and Soul – Ladies Night Out

What nurtures you? How do you build resilience in the face of adversity? Does the expression "Happiness equals reality divided by expectations" ring true for you? We invite you to explore the obstacles, patterns and behaviors that influence our overall physical health and emotional well-being – and the benefits of mastering self-care and the art of forgiveness. Presented by specialists in behavioral health, primary care, and complementary medicine.

October 19

Bracing for Super Bugs

This year, everyone is being urged to get a seasonal flu shot by the CDC (Centers for Disease Control) to reduce the risk of getting the flu. The threat of H1N1 also looms ahead, with the potential to impact our schools, workplaces, and neighborhoods. We'll separate the facts from the myths about these communicable diseases, and learn about simple steps we all take to lessen our risk. Presented by experts in emergency medicine and infectious disease.

November 2

Keeping our Moving Parts Moving – Where's your Wear and Tear?

As we age, we can experience loss of mobility and range of motion, while acquiring those persistent aches and pains that adversely affect our quality of life. Learn more about what you can do to take control of your joints – head to toe – from a series of actual case studies that will illustrate real-life problems and effective solutions. Presented by orthopedic specialists in the diagnosis and treatment of shoulder, ankle, hand, and elbow problems.

November 9

Turning Points for Worn Out Joints – Aging Hips and Knees

The medical advances in hip and knee restoration is nothing short of revolutionary, and that's good news for women who are especially vulnerable to problems in these areas. Learn about new treatment options and listen to the personal stories of patients speaking directly to their experiences with hip and knee replacement and recovery. Presented by experts in restoring function and mobility with new treatments, joint replacement, and rehabilitation.

November 16

Managing Menopause and More – Mid-Life Health Issues for Women

We'll untangle the web of often confusing information about mid-life changes, and help sort out what is happening to us physically and emotionally – from hot flashes to anxiety. Menopause is a challenging time, and knowledge is power! We'll discuss the facts about hormone replacement therapy, cholesterol, hypertension and more – all geared to enhance our comfort and peace of mind. Presented by specialists in gynecology, cardiology, osteoporosis, dermatology, and primary care.

**A New Time... A New Format...
 A New Season**



Women's Care