

Classes  
are  
FREE of  
Charge!

# It's All About You!

## Waterbury Hospital 2010 Spring Speakers Series

PRE-REGISTRATION IS REQUIRED. SEATING IS LIMITED!

**\*\* YOU MUST CALL (203) 573-7385 TO REGISTER FOR THESE CLASSES. \*\***



### Pilates Kickoff and Registration Session

Wed., February 17, 5:30 p.m.-6:30 p.m.

Siobhan Costello, Pilates Instructor

Begin the season with an introduction to our new 12-session Pilates course, which will take place Saturdays from 8:30 a.m. to 9:30 a.m. in the Bizzozero Conference Room beginning February 27. The kickoff will feature an introduction to this exciting form of exercise followed by an opportunity to register for the 12-week course, which is being offered for \$96. Come learn how Pilates can strengthen and rejuvenate the body's core, eliminate chronic muscle pain and restore stamina and energy.

### Management of Common Complaints from the Hand to the Shoulder

Tue., March 2, 1:30 p.m. – 3 p.m.

Richard L. Manzo, MD and Andrew J. Nelson, MD

The Hand Center of Waterbury

This seminar will focus on treating ailments from the tips of the fingers to the shoulder. The discussion will include rotator cuff injuries, carpal tunnel syndrome and arthritis. Also discussed will be minimally-invasive treatments that have proven to get patients back to their normal activities faster than more traditional surgical approaches.

### So What Is Arthritis, Anyway?

Wed., March 3, 5 p.m. – 6:30 p.m.

Paul Beauvais, MD, Orthopaedic Surgeon

This presentation will discuss various forms of arthritis and its symptoms (including inflammation of the joints) which can cause pain, swelling, stiffness and limited movement. The discussion will cover who is most at risk for arthritis and osteoarthritis, what treatment options are available and the merits of procedures such as injections and joint replacements.

### Glaucoma

Thur., March 4, 1:30 p.m.-3 p.m.

Neeru Dua, MD, OptiCare

Glaucoma causes damage to the optic nerve, and can steal vision without warning. Early detection is vital to stopping the progress of the disease, which has no known cure. This discussion will look at some of the common symptoms of glaucoma, how it is treated and some of the newest techniques being developed to better manage the disease.

### Understanding Your Retirement Options and What's Right For You

Wed., March 10, 1:30 p.m. – 3 p.m. and 5 p.m. – 6:30 p.m.

Anne Boychuk, Community Liaison for  
The Watermark at East Hill in Southbury

In today's world of retirement, there are a variety of lifestyle options available for seniors – including 55-plus communities, assisted living facilities, Continuing Care Retirement communities and Life Care communities. Taking time to become educat-

ed can make all the difference in the world for an individual's retirement future. This insightful seminar will discuss retirement options, their costs and the importance of planning ahead.

### Advanced Directives, Living Wills and Powers of Attorney

Wed., March 17, 1:30 p.m. – 3 p.m.

Vincent A. Liberti, Jr., Partner – Pepe & Hazard LLP

One should not wait too long to create an estate plan, including preparations for wills, powers of attorney and advance directives. Whether the issue is protecting assets like the home, simple money management, having someone help with the medical decisions or long-term care issues, these documents protect individuals, limit disagreement among children and save on court litigation.

### Alzheimer's and Other Dementing Illnesses

Thur., March 18, 1:30 p.m. – 3 p.m.

Charles Atkins, MD, Waterbury Hospital Behavioral Health

All caregivers and families touched by Alzheimer's and dementia face a seemingly overwhelming number of emotional, spiritual, medical and legal decisions. Dr. Atkins, a Board-certified psychiatrist and author of The Alzheimer's Answer Book will provide an overview of Alzheimer's and other dementing illnesses.

### Benefits and Effects of Therapeutic Massage

Thur., April 1, 1:30 p.m. – 3 p.m.

Patricia Eastwood, Natural Balance Therapeutic Massage

This presentation will focus on the many health benefits of therapeutic massage, from relaxation and stress reduction to the alleviation of chronic pain and other ailments. This session will look at how therapeutic massage works with physical therapy and chiropractic medicine to provide relief. NOTE: This presentation will feature FREE 10-minute chair massages to a limited number of guests. First come, first served, so RSVP today!

### Eating a Gluten-free Diet: How to Combat Celiac Disease

Tue., April 6, 1:30 p.m. – 3 p.m.

Joel Garsten, MD, Chair of Gastroenterology at Waterbury Hospital, and Kristin Connors, attorney and Partner with Carmody & Torrance LLC

This presentation will discuss the diagnosis and treatment of Celiac Disease. It is estimated that over three million Americans have Celiac but only five percent are actually diagnosed. Celiac Disease is an autoimmune digestive disease that damages the villi of the small intestine and interferes with absorption of nutrients from food. Left untreated, people with Celiac Disease can develop further complications such as other autoimmune diseases, osteoporosis and thyroid disease.

Please see reverse side for more classes →→→→

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### How to Prevent Identity Theft and Other Forms of Fraud

Wed., April 7, 1:30 p.m. – 3 p.m.

**Charlie Baranowski**, Executive Director of Waterbury TRIAD

Identity theft has become one of the fastest-growing crimes in the U.S., and the over-55 population can be especially vulnerable to this insidious form of fraud. In this presentation, a regional expert on elderly safety will discuss the many ways that people can protect themselves from having their identities stolen for fraudulent purposes.

### Autism – What Is It and What Kind of Help is Available?

Wed., April 7, 5 p.m. – 7 p.m.

**Nancy Renner**, OTR/L, **Lynne Zailckas**, COTA/L, Access Rehab Centers and **Cara O'Brien**, MS, ABA teacher

This presentation will provide an overview of autism and how it presents itself in children. Also explored will be how autism's impact on a child's behavior and sensory systems make it difficult to function in everyday life. The discussion will also look at what resources or treatments are available to help cope with autism, while exploring the question of whether diet can make a difference in prevention or treatment.

### How to Keep Your Heart and Kidneys Working Together for Your Health

Wed., April 14, 1:30 p.m. – 3 p.m.

**Anthony Cusano**, MD, Specialists in Nephrology

One-fifth of every heartbeat flows directly to your kidneys. This presentation will explore the intimate relationship of these two organs, and how they work together to control your blood pressure as well as the health of your entire cardiovascular system. Learn how you can take care of these vital organs so you can enjoy a lifetime of good health.

### Child and Adolescence Eating Habits, Food Preferences and Eating Disorders

Wed., April 14, 5 p.m. – 7 p.m.

**Missy Stevens** OTR/L, **Lynne Zailckas**, COTA/L, Access Rehab Centers and **Cara O'Brien**, MS, ABA teacher

This presentation will discuss the kinds of red flags to look for in children's/adolescent's eating habits as well as other issues concerning picky eating, food preferences and eating disorders. We will also look at the differences between anorexia and bulimia, and using the alternative manual therapy techniques described in "Body Wisdom – Light Touch for Optimal Health" by Sharon Giammatteo, PhD.

### Ovarian and Cervical Cancer: How to Recognize the Early Signs

Thur., April 15, 1:30 p.m. – 3 p.m.

**Anamika Katosh**, MD, Medical Oncology and Hematology

This presentation will discuss the various methods to detect early signs of ovarian or cervical cancer, as well as the lifestyle

choices that can help reduce the chances of getting cancer. The cervical cancer vaccine Gardasil will also be discussed.

### Parkinson's Disease: Recognizing the Symptoms and Providing Treatment

Wed., April 21, 5:30 p.m. – 7 p.m.

**Steven E. Eisen**, MD, Medical Director,  
Waterbury Hospital Primary Stroke Center

This presentation will provide a broad overview of Parkinson's Disease: what it is, how it's caused and how it manifests itself. Though there is no known cure for Parkinson's Disease, this presentation will explore the wide variety of treatment options and medications that are available to help contain or reduce the symptoms, along with their potential side effects.

### Developmental Delays in Children

Wed., April 28, 5 p.m. – 7 p.m.

**Missy Stevens**, OTR/L and **Lyn Wittmer**, PT,  
Access Rehab Centers

What signs of development should your baby or child be showing as they grow and learn? This seminar will discuss basic milestones for movement and learning as well as ways to identify when your child may be struggling. Some of the reasons for developmental delays and ways parents can help their children overcome them will also be explored.

### Free Bladder Screenings

Thur., April 29, 1:30 p.m.-3 p.m.

**Lisa Oliveira**, APRN, MSN, Urology Specialists

Free bladder screenings will be provided in the Bizzozero Conference Room at Waterbury Hospital. Screenings will consist of a questionnaire, a urine test and a brief discussion with a bladder specialist. No beforehand preparation is necessary.

### Latest Technology After Cataract Surgery

Wed., May 12, 6 p.m. – 7:30 p.m.

**Vincent deLuise**, MD, OptiCare

A cataract is a clouding of the eye's natural lens which can seriously impair vision if left untreated. This session will discuss the latest advances in treating patients through cataract surgery. The session will also provide a broad overview of cataracts, how they occur, how to diagnose them and the importance of early detection.

### Early Diagnosis and Treatment of Melanoma

Wed., May 26, 6 p.m. – 7:30 p.m.

**Scott Kurtzman**, MD,

Waterbury Hospital Chairman, Department of Surgery

This presentation will take a close look at the cancer melanoma, which is often caused by prolonged exposure to the sun and can be fatal if left undetected and untreated. Melanoma has become increasingly commonplace in recent years and this presentation will explore this disease from diagnosis through treatment.