

3RD ANNUAL



Southern Illinois
Men's Health
CONFERENCE

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MARCH 26, 2011 | JOHN A. LOGAN COLLEGE | CARTERVILLE, IL 62918 | WWW.SIMENSHEALTH.ORG

**SOUTHERN ILLINOIS MEN'S HEALTH CONFERENCE,
SATURDAY, MARCH 26, 2011**

CONFERENCE AGENDA

7:00 – 8:30 a.m.	Blood Screenings You must fast for 10-12 hours before participating in blood screening! (Drinking water is acceptable)
7:00 – 8:30 a.m.	Continental Breakfast
7:00 – 11:45 a.m.	Health Screenings and Exhibits Available
8:30 – 9:20 a.m.	Breakout Session I
9:20 – 9:35 a.m.	BREAK
9:35 – 10:25 a.m.	Breakout Session II
10:25 – 10:40 a.m.	BREAK
10:40 – 11:30 a.m.	Breakout Session III
11:45 a.m. – 1:30 p.m.	Lunch, Keynote and Door Prizes - Conference Center

“Health: What’s in It for Me?” LUNCHEON KEYNOTE

J. Kevin Dorsey, M.D., Ph.D.

Dean and Provost of the SIU School of Medicine

Sponsored by Southern Illinois Healthcare

Dr. Dorsey will link the concept of health with the unsustainable rise in the cost needed to maintain it, and show that a solution lies in both a social and personal approach to the problem.

After completing a Ph.D. in biochemistry at the University of Wisconsin and a postdoctoral fellowship in cell biology at Johns Hopkins, Dr. Dorsey became one of the founding faculty members of the SIU School of Medicine. Two years later he decided to change careers and obtained an M.D. from SIU. He did an Internal Medicine residency and rheumatology fellowship at the University of Iowa before returning to Southern Illinois to teach clinical medicine and practice rheumatology. In 2001, he became the third dean of the SIU School of Medicine. His present interests include promoting empathy and professionalism in the culture of health care institutions.

BLOOD SCREENING

Blood Screening is provided by the Laboratory at Heartland Regional Medical Center.

You must fast for 10-12 hours before participating! You may drink water.

The test screens for the following:

Anemia	Total Cholesterol
HDL and LDL Cholesterol	Blood Sugar
Triglycerides	Coronary Heart Disease Risk Assessment
PSA (Prostate-specific antigen)	

HEALTH SCREENINGS

The following health screenings will be available at no additional charge:

Vision	Foot Problems	Hearing
Blood Pressure	Height and Weight	Dental
Heart Rate	Fitness Level	Skin Cancer

John A. Logan College is located in Carterville, Illinois on Route 13 between Marion and Carbondale. It is on Greenbriar Road and is visible from Route 13. Park in the lot on the west side of the building and enter the College through the West entrance.

8:30 - 9:20 Breakout Session I

What's Up with My Prostate?

Sam Stokes, III, M.D., F.A.C.S., Stokes Institute of Urology

Another look at prostate and other urological issues men face and how they can stay healthy.

Be Heart Smart

Cesar Coello, M.D., Prairie Cardiovascular Consultants

We all know diet and exercise are essential to good heart health. But what else do you need to do to make sure this vital muscle stays strong?

CrossFit 101

Randy Greer

CrossFit is the latest fitness craze sweeping the nation. Learn what you need to know about it and how to get started without killing yourself in the process.

PTSD: Beyond the Battlefield

Chrissy Wendel, SIUC

Troops returning from Iraq and Afghanistan are suffering from Post Traumatic Stress Disorder (PTSD). It's a condition that's plaguing our armed forces, but it's not just war that creates this condition.

The Silent Killer, No Butts about It

Zahoor Makhdoom, M.D., Southern Illinois G.I. Specialist, LLC

Colon cancer is the second leading cause of cancer death in the U.S. It's often called a "silent disease" since symptoms don't always develop until it is too difficult to cure.

SCREENINGS AND EXHIBITS - Men are encouraged to choose one session to devote to screenings and exhibits

9:35 - 10:25 Breakout Session II

Eat This, Not That and Save Money, Too!

Sharon Peterson, Ph.D., R.D., Owner, Southern Illinois Nutrition Therapy

It is possible to find anything healthy at grocery stores these days? What about healthy choices at restaurants? ...and then there's the COST of healthy foods! Dr. Peterson will challenge our thinking on these topics and will provide practical strategies for eating healthy while saving money.

You Need a Plan, Man

Joel W. Sambursky and John M. Forbes, Forbes Financial Group

The saying goes, "the future is now". If you're not saving for your own retirement or your kids' college education, it's not too late. When you're finished here, you'll have a better plan to make sure you're financially healthy.

I Ain't As Good As I Once Was

John Thomas "J.T." Davis, M.D. and Pamela B. Hunter, P.T., M.S., O.C.S.,

Southern Illinois Orthopedic Center

Let's face it, we're all getting older. We can't run as fast as we did in our youth. That pickup basketball game hurts a lot more the next morning. Here's some advice on growing old gracefully, staying active, and preventing injuries when you do get out there. This session will also focus on rotator cuff injuries, etc.

Menopause, Really?

Erik Cornett, R.Ph., Owner, NaturalMed Apothecary, Inc. and Todd Smith, M.D.

This panel discussion will discuss male menopause, low testosterone, and erectile dysfunction.

Say What? Paula Harris, Au.D., CCC-A, Midwest ENT Clinic

Hearing loss may seem inevitable as we age. What can we do to help slow the process? What options do we have once things start going silent?

SCREENINGS AND EXHIBITS - Men are encouraged to choose one session to devote to screenings and exhibits

10:40 - 11:30 Breakout Session III

Understanding PAD

Robert Miller, M.D., Heartland Regional Medical Center

About 8 million Americans are living with Peripheral Artery Disease (PAD). It becomes more common as we get older. Our doctor will talk about the warning signs and treatment options.

Let's Flex

Phil Anton, Ph.D., Assistant Professor, SIUC

and Chris Georgantas, Aquatics Coordinator, JALC

No, we don't want you do pose for us. You go to the gym. You lift weights. You hit the treadmill. But are you doing any flexibility training? Our experts will get you pumped up about adding it to your routine.

Playing the Pain Game

Steven A. Roodman, M.D., Heartland Regional Medical Center

For some of us, pain is an everyday part of life. How you deal with it has a big impact on your health.

Where There's a Will...Estate Planning 101

Bhavik Patel, Sandberg, Phoenix, and von Gontard, P.C.

No one wants to think about their demise, but it's important to have a will in place so your family isn't burdened after your death.

Don't Sweat the Small Stuff

Ken Wallace, Executive Coach

Stress is a part of our daily lives. But letting the little nuisances get to us can be a hazard to our health. This discussion will focus on keeping a positive attitude and living a healthier life.

Control Diabetes, Don't Let it Control You

Gail Peterman, L.D., R.D., C.D.E.

More than 12 million men in this country have diabetes. Millions of others don't even realize they have the disease. In this session you'll learn about controlling your condition and get tips on living a healthier life.

SCREENINGS AND EXHIBITS - Men are encouraged to choose one session to devote to screenings and exhibits

LUNCHEON KEYNOTE

"Health: What's in It for Me?"

J. Kevin Dorsey, M.D., Ph.D.,

Dean and Provost of the SIU School of Medicine

REGISTRATION FORM

Please fill out this form completely indicating which meals you will be eating and your first and second choices for breakout sessions. Requests for breakout sessions will be filled on a first-come, first-served basis.

Circle: Yes No	7:00 a.m. – 8:30 a.m. CONTINENTAL BREAKFAST
Write in the number of your first and second choices: 1st _____ 2nd _____	8:30 a.m. – 9:20 a.m. BREAKOUT SESSION I <ol style="list-style-type: none"> 1. What's Up with My Prostate? 2. Be Heart Smart 3. CrossFit 101 4. PTSD: Beyond the Battlefield 5. The Silent Killer, No Butts about It 6. Screenings and Exhibits
Write in the number of your first and second choices: 1st _____ 2nd _____	9:35 a.m. – 10:25 a.m. BREAKOUT SESSION II <ol style="list-style-type: none"> 1. Eat This, Not That 2. You Need a Plan, Man 3. I Ain't As Good As I Once Was 4. Menopause, Really? 5. Say What? 6. Screenings and Exhibits
Write in the number of your first and second choices: 1st _____ 2nd _____	10:40 a.m. – 11:30 a.m. BREAKOUT SESSION III <ol style="list-style-type: none"> 1. Understanding PAD 2. Let's Flex 3. Playing the Pain Game 4. Where There's a Will. . . 5. Don't Sweat the Small Stuff 6. Control Diabetes 7. Screenings and Exhibits
Circle: Yes No	11:45 a.m. – 1:30 p.m. LUNCH

The registration fee includes conference meals, breakout session programs, keynote address, blood screenings and health screenings.
The deadline for registration is March 18, 2011.

Please complete the registration brochure and mail it in an envelope to:
SOUTHERN ILLINOIS MEN'S HEALTH CONFERENCE
c/o John A. Logan College, 700 Logan College Road, Carterville, IL 62918

FILL OUT OTHER SIDE OF REGISTRATION FORM AND SEND TODAY.
Register on line at www.SIMensHealth.org

The Board of Directors of Women for Health and Wellness, Inc. will hold a raffle of assorted items of interest to men. The proceeds support the efforts of WHW. Buy your raffle tickets when you send in your registration and you'll get seven tickets for \$5.00. Tickets will be attached to your schedule. Tickets are \$1.00 each or six for \$5.00 and can be purchased on site.

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700 Logan College Road • Carterville, IL 62918

Registration Fee: \$45

The deadline for registration is March 18, 2011

You can also register and pay online at www.SIMensHealth.org

SORRY, THERE ARE NO REFUNDS FOR CANCELLATION.

Please be sure to fill out and include the Registration Form on the reverse of this page.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE (H) _____ (W) _____

REGISTRATION FEE: \$45.00

Scholarship(s) (Included is a donation to be used for scholarships): _____

Donation (Included is a donation to be used to sponsor the Conference): _____

RAFFLE TICKETS 7 chances for \$5 – Number of packets ____ x \$5 _____

TOTAL _____

If paying by credit card, the completed registration form may be faxed to 618-985-9019.

Make checks payable to: WHW

For credit card payment only, check one: _____ Visa _____ Mastercard

Credit Card Number _____ Expiration Date _____

Name as it appears on the card _____

Handling Fee (\$3.00 - Only if you are using a credit card)

Women for Health and Wellness, Inc.

618-985-9210, 618-985-2828, Ext. 8604, 1-800-416-1745

Fax 618-985-9019 On the web: www.SIMensHealth.org

If you need special accommodations, please contact us in advance so that we may best meet your needs.

The information provided through the Southern Illinois Men's Health Conference is a public service. It is not intended to be a substitute for medical care or consultation with your healthcare provider and does not represent an endorsement by Women for Health and Wellness, Inc. or any of the Southern Illinois Men's Health Conference sponsors.

