

2ND ANNUAL



Southern Illinois
Men's Health
CONFERENCE

RESPONSIBILITY
COMMITMENT
ACTION

DIAMOND SPONSORS

Heartland Regional Medical Center
John A. Logan College
Pepsi MidAmerica
Southern Illinois Healthcare

PLATINUM SPONSORS

River Radio
WSIL-TV
WSIU Public Television
WSIU Public Radio

BRONZE SPONSORS

Cape Radiology Group
Moore Corpora Foundation
SIUC Office of Economic and Regional Development
Southern Illinois Orthopedic Center
Sprehe Family Foundation

PEARL SPONSORS

Black Diamond Harley-Davidson
Cathy and Fred Wood
Primary Care Group
Sandberg, Phoenix & Von Gontard, PC

A subsidiary of Women for Health and Wellness, Inc.

MARCH 20, 2010 | JOHN A. LOGAN COLLEGE | CARTERVILLE, IL 62918 | WWW.SIMENSHHEALTH.ORG

**SOUTHERN ILLINOIS MEN'S HEALTH CONFERENCE,
SATURDAY, MARCH 20, 2010**

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**



“The Doctor is In” LUNCHEON PANEL DISCUSSION,
featuring **Dr. Brian McElheny, Dr. Larry Jones,**
Dr. Sam Stokes III, and Dr. Gemilo Resaba.

sponsored by Southern Illinois Healthcare

These four physicians have more than 100 years of experience treating men in southern Illinois. During lunch, each will talk about a variety of topics, including erectile dysfunction, obesity, and exercise. They will also answer your questions. Don't want to stand out? Don't worry, email your questions to simenshealth@gmail.com.

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 | Colon Cancer |
| 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

You Snooze, You Win

Terry M. Brown, D.O., Medical Director, St. Joseph Sleep Disorder Center

Come get an overview of sleep physiology basics and how this relates to men's common sleep complaints. The various ways that lack of sleep can impact one's health will also be illustrated.

It's Not Only About Sugar, Anad Salem, M.D.

About 12 million American men are living with diabetes. Dr. Salem will shed some light on the problem and go beyond the theory that having too much sugar is to blame.

When Old Injuries Attack

Brent Newell, M.D., Rehabilitation Physicians Services

What we do as teenagers and young men can come back to haunt us. Learn about "old" injuries and their impact later in life as well as the long term implications of various musculoskeletal injuries.

The Heart of the Matter, Varadendra Panchamukhi, M.D.,

Prairie Cardiovascular Consultants at Memorial Hospital of Carbondale

Heart disease is the #1 killer of men and women. Discover the risks, signs and symptoms of heart disease, and how to maintain a healthy lifestyle.

Prostate Health 201

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

Dr. Stokes returns to share more tips and health advice on everything from sexual dysfunction to an enlarged prostate.

Truth About Trusts & Estate Planning

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

Estate Plan basics help avoid unnecessary costs, taxes, and financial turmoil. Learn how to plan to make decisions if you are incapacitated and how best to transfer your wealth to your family.

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 & Save Money Doing It

Sharon Peterson, Ph.D., R.D., Assistant Professor, SIUC

Does it REALLY cost more to buy healthy foods? Most people think so, but Dr. Peterson will share examples and strategies for eating healthy and saving money!

Not All Diseases Are Created Equal or Treated the Same

Brian McElheny, M.D.

No matter our race, religion, or age, we all get sick. Doctors have different ways of treating those illnesses. Learn more about your options now and in the future.

Superheroes Don't Wear Capes, Ken Wallace, Executive Coach

You don't have to hit home runs, score touchdowns, or leap tall buildings in a single bound to be a hero. This session will help you be a role model for the people in your life.

I'm a Survivor, Larry Meyer, Retired Civil Engineer

& Craig Taylor, Retired Special Education Teacher

Life is hard enough, but throw a potentially fatal disease into the mix and things get even tougher. Both men have faced cancer and survived and they'll share their inspiring stories.

Complimentary Medicine 101, W. Todd Pierson, N.D.

This discussion focuses on acupuncture as a treatment for pain, stress, and other medical problems. You'll also hear about herbs, supplements, massage therapy, and other treatments.

Put Your Money Where Your Mouth Is

Jeff Rose, Certified Financial Planner, Alliance Investment Planning Group

Saving money isn't important for just you, but your family's future, too. Learn some basic tips on making sure you have money for an umbrella when you have to dip into your "rainy day fund."

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

10:40 - 11:30 Breakout Session III

Get Fit Fore Golf, Pamela B. Hunter, P.T., M.S., O.C.S.,

Director of Therapy Services, Southern Illinois Orthopedic

& Michael Day, Manager of Golf Operations, Hickory Ridge Public Golf Center

Golf is a complex game that requires flexibility, stability, and coordination of the entire body. You'll learn how to determine what your physical limitations are and how they affect your game, along with tips on how to improve these limitations.

There's a Problem with the Plumbing

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

Colorectal cancer is the second leading cause of cancer death in the U.S. It is called the "silent disease" since symptoms don't always develop until it is too difficult to cure. Dr. Makhdoom will discuss prevention and treatment of colorectal diseases.

I've Lost My UMPH! Male Menopause (Andropause)

Erik Cornett, R.Ph., Owner of NaturalMed Apothecary, Inc.

This session will include a detailed explanation of the truth about male menopause, also called andropause. Why do males go through this phase? How does low testosterone affect more than one's sex life?

Til Death Do Us Part...

Gene A. Honn, C.A.E., Director of Development, Southern Illinois Healthcare

During his wife's terminal illness, Gene Honn found out that there were many things he did right to be of assistance and comfort. He also learned that he could have done some things better. He will share those tips along with information about proper estate planning and advanced directives.

Somebody Spot Me! Phil Anton, Ph.D., Assistant Professor, SIUC

& Chris Georgantas, Aquatics Coordinator, JALC

Looking for a simple exercise routine? In this hands-on session, you'll learn safe and effective strength, balance, and flexibility exercises.

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

LUNCHEON PANEL DISCUSSION

"The Doctor is In"

**featuring Dr. Brian McElheny, Dr. Larry Jones,
Dr. Sam Stokes III, and Dr. Gemilo Resaba.**

These four physicians have more than 100 years of experience treating men in southern Illinois. During lunch, each will talk about a variety of topics, including erectile dysfunction, obesity, and exercise. They will also answer your questions. Don't want to stand out? Don't worry, email your questions to simenshealth@gmail.com.

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. You Snooze, You Win 2. It's Not Only About Sugar 3. When Old Injuries Attack 4. The Heart of the Matter 5. Prostate Health 201 6. Truth About Trusts & Estate Planning 7. 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 & Save Money Doing It 2. Not All Diseases Are Created Equal or Treated the Same 3. Superheroes Don't Wear Capes 4. I'm a Survivor 5. Complimentary Medicine 101 6. Put Your Money Where Your Mouth Is 7. 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. Get Fit Fore Golf 2. There's a Problem with the Plumbing 3. I've Lost My UMPH! 4. Til Death Do Us Part. . . 5. Somebody Spot Me! 6. 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 12, 2010.

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

**Come join in the fun with
 Black Diamond Harley-Davidson**

NONPROFIT ORG
US POSTAGE PAID
CARTERSVILLE IL
PERMIT 14



700 Logan College Road • Cartersville, IL 62918

Registration Fee: \$35

The deadline for registration is March 12, 2010

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: \$35.00

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

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

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.

