

Marquette University

2006 Wellness Presentation Schedule



April 27, 2006 (AMU – Room 227)

Men's Health – Tune Up for Life - Compared to women, American men are less likely to carry health insurance, less likely to have seen a physician in the previous year, and more likely to delay seeking health care (both as a precautionary measure and when they have a problem, according to the Men's Health Network). Women are 100% more likely to visit their doctor for preventive services than men. In addition, a recent poll revealed that one in four men would delay seeking health care as long as possible even if they were sick or in pain. Discussion Points Include: Heart Disease and Stroke, High Blood Pressure, High Cholesterol, Diabetes, Erectile Dysfunction (ED), Enlarged Prostate, Colon Cancer, Prostate Cancer, Depression, HIV and AIDS

June 1, 2006 (AMU – Ballroom C/D)

Prevention & Early Detection: Strategies Against Skin Cancer - The number of new skin cancer diagnoses is growing each year. The American Cancer Society estimates that in 2000 there will be 47,700 new cases of malignant melanoma. The good news is that most skin cancers are preventable and the majority are curable, if detected early. Discussion Points Include: Skin Cancer: The Basics, Sun-savvy Solutions, Applying Sun block and Keeping It on, It's Not Just the Sun, Burn Tactics

September 28, 2006 (AMU – Room 227)

What You Should Know About Cholesterol - Cholesterol is a fatty substance that our bodies require. When there is too much cholesterol in our blood it can build up and narrow our arteries. This narrowing can slow or block the flow of blood through your arteries, which can lead to a heart attack or stroke. Learn more about what cholesterol is, when you should be tested and learn how to interpret your test results. Increased physical activity, smoking cessation, managing stress, limiting alcohol, and good nutrition are key in lowering your cholesterol and preventing heart disease. Our experts will discuss how some simple lifestyle changes can lead to lowering one's cholesterol level.

November 2, 2006 (AMU – Ballroom C/D)

Prevention & Early Detection: Strategies Against Breast Cancer - The more that we learn about breast cancer the more likely we are to find ways to prevent it. Our current understanding of the causes of breast cancer are incomplete. We do know that cancer develops gradually from a complex mix of environment, lifestyle and heredity. Scientists have identified many of the risk factors that can increase one's chance of getting cancer and strategies that can help to prevent it.

November 16, 2006 (AMU – Room 227)

What You Should Know About Diabetes - The prevalence of diabetes in the United States is increasing at epidemic proportions. Diabetes is a serious, common and costly -but controllable - disease affecting over 330,000 people in Wisconsin. This program can help you to learn your diabetes risk factors and guide you in making lifestyle changes that may prevent diabetes, or lead to early diagnosis and a healthier future.

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December 14, 2006 (AMU – Ballroom C/D)

Managing Holiday Stress - The holidays are a time of parties, shopping, entertaining, religious observations, expectations, crowds, clutter, family gatherings, decorating, roller coaster emotions and, inevitably, stress. But with a little planning and creativity, the holidays don't have to be so stressful.

February 1, 2007 (AMU – Room 227)

Leg Pain - A Warning Sign for Vascular Disease throughout the Body - Participants will learn the risk factors of peripheral arterial disease (PAD). Discussion points include: PAD can happen to anyone, Smoking and PAD, Diabetes and PAD, Family history, High blood pressure, When to see a doctor, Plaque build up.

February 22, 2007 (AMU – Room 227)

High Blood Pressure - Know Your Numbers - Participants will be given the most up to date guidelines for primary prevention of cardiovascular disease. Discussion points include: Lipids, Blood pressure, Emerging risk factors, Body mass index, Diabetes, Aerobic capacity, Smoking and role of personality traits, Recommendations for when to begin, preventive screenings, Recommendations for normalizing risk levels.

March 22, 2007 (AMU – Ballroom C/D)

A Women's Path to Wellness - This presentation encompasses important women's issues such as: cardiovascular disease, osteoporosis, breast cancer, incontinence, colorectal cancer, gastrointestinal disorders, anxiety, major depression, and domestic violence/sexual assault. For each issue we discuss the facts, risk factors, signs and symptoms and what women can do to reduce their risks.