

Ideas for Corporate Wellness Topics

Breast Cancer

Breast Cancer Risk and Prevention

- Learn healthy habits and lifestyle changes to potentially reduce breast cancer risk, and preventative tips to help detect/combat breast cancer early.
- Presenter(s): Moira Christoudias, MD, Breast Surgeon

Nutrition, Well-Being & Cancer

- Learn how to implement a mind-body-spirit approach to healthy living and breast cancer risk reduction built on the power of small changes and daily habits such as following a plant-forward Mediterranean-style diet, prioritizing blood sugar balance, moving your body, and supporting mental and emotional well-being through stress management and sleep hygiene
- Presenter(s): Jessica Cording, MS,RD,CDN, Registered Dietitian and Health Coach

Meal Planning 101: Approachable Tips for Healthy Meal Planning

- Tips for making healthy meal planning approachable and doable and demonstrate a healthy recipe that's easy enough for a busy weeknight. A special emphasis will be put on nutrition recommendations for breast cancer risk reduction.
- Presenter(s): Jessica Cording, MS,RD,CDN, Registered Dietitian and Health Coach

Cancer

Cancer and Your Heart

- Cancer treatment can result in long-term side effects, and in some cases, can affect the heart. Learn about the link between cancer and heart conditions and when to seek follow-up care with a cardiologist.
- Presenter(s): Kariann Abbate, MD, Director, Center for Comprehensive Heart Failure Care & Eleonora Teplinsky, MD Head, Breast Medical Oncology, Valley-Mount Sinai Comprehensive Cancer Care

Understanding Genetic Risk Factors for Cancer

- Learn about the role genetics can play in predisposing individuals to developing cancer
- Presenter(s): Oncologist

Colon Cancer- Preventable, Treatable, Beatable!

- Colorectal cancer is one of the most common cancers in the United States. Thanks to an increased number of medical advancements, there are more survivors than ever before. Join us to learn the latest screening and diagnostic tools and treatment options available.
- Presenter(s): Robin Friedman, MD, Colorectal Surgeon

All About Colorectal Cancer

- Join us to learn about current guidelines and recommendations for colorectal cancer screening and surgical options that are available. Current trends and guidelines for the medical and oncological treatment options for colorectal cancer will also be discussed.
- Presenter(s): Anish A. Patel, MD, Gastroenterologist, Joel S. Nizin, MD, Colorectal Surgeon, Kevin C. Wood, MD, Medical Oncologist

Prostate Cancer Awareness Month

- Take a deep dive into the “Think Five” approach to prostate cancer treatment. Dr. Kole discusses the details of this innovative, fast-track treatment that involves five treatments versus the standard course of 45 treatments
- Presenter(s): Thomas Kole, MD, PhD- Radiation Oncology

April is Oral, Head & Neck Cancer Awareness Month

- Each year, more than 55,000 Americans will develop cancer of the head and neck (most of which is preventable). Oral, head, and neck cancers may be curable if caught early. Fortunately, most of the cancers produce early symptoms. You should know the potential warning signs so you can alert your physician as soon as possible. Successful treatment of head and neck cancer depends on early detection. Knowing and recognizing its signs can save your life.
- What Are the Symptoms of Head and Neck Cancer?
 - A lump in the neck
 - Change in the voice
 - A growth in the mouth
 - Persistent sore throat.
 - Lump, bump, or mass in the head or neck area, with or without pain.
 - Bringing up blood from the mouth or throat
 - Swallowing problems
 - Firm or bleeding lumps in the skin
 - Persistent earache, particularly when swallowing.
- Follow the four steps below and look for abnormal, irregular or discolored areas. Compare one side to the other for symmetry. If you discover abnormal, irregular or discolored areas or lumps that are different on one side compared to the other, contact your health care provider.
 - Check the neck for lumps
 - Inspect the inside of the lips and cheeks
 - Inspect the gums
 - Open your mouth: Look at the tongue (top, bottom, sides), back of the throat, the roof of the mouth, and under the tongue using a flashlight.
- Presenter(s): Kevin C. Wood, MD, Medical Oncologist

Hallmark Signs of Ovarian Cancer

- Ovarian cancer can be a “silent killer” because it’s often not found in the early stages. Here’s what you should know about early warning signs
- Presenter(s): Oncology Gynecologist

Every Woman’s Concern

- Join us to learn about risk factors for gynecologic cancer, screening tools, and how to best take care of your body and health.
- Presenter(s): Nicole Vilardo, MD, Gynecologic Oncology

Liver & Pancreatic Cancer

- Pancreatic cancer has made headlines in recent years with celebrities such as Alex Trebek and Steve Jobs. Pancreatic cancer is often called the silent killer, and with good reason: most patients don't experience symptoms until the cancer is big enough to impact the surrounding organs. Even then, the symptoms are often vague, which is why this testing is so important. Dr. Winkler, Surgical Oncologist, will discuss symptoms and treatment options and provide answers to frequently asked questions about liver and pancreatic cancer.
- Presenter(s): Michael Passeri, MD, Surgical Oncologist & Medical Director, Liver & Pancreas Surgery Program or Carl Winkler, MD, Surgical Oncologist

Cardiology

Know Your Numbers

- Discover where your health numbers should be and get tips for prevention strategies for a healthier you.
- Presenter(s): Elliot Brown, MD, Cardiologist

Hypertension- A Silent Dilemma

- High blood pressure is known as the silent killer because often there are no symptoms. It is the No. 1 cause of stroke and heart disease. Learn about the latest recommendations to treat hypertension.
- Presenter(s): Stuart Barr, MD, Cardiologist

Strategies for Stroke Prevention in AFib... Beyond Blood Thinners

- Atrial fibrillation (AFib) is the most common irregular or abnormal heart rhythm disorder, affecting more than 3 million Americans. Thankfully, more options to treat AFib are available than ever before. Learn about AFib and the latest treatment options available.
- If you have atrial fibrillation not caused by heart valve problems and need an alternative to blood thinners, you will want to learn more about WATCHMAN™ and AMULET™, one-time procedures that may reduce stroke risk for a lifetime.
- Presenter(s): Elliot Brown, MD, Cardiologist

Understanding Your Heart – Back to the Basics

- Heart disease can refer to many conditions, such as heart attack, stroke, heart failure, arrhythmia, and valve problems. We're getting back to the basics about strategies to prevent a cardiac incident. Stay one beat ahead as we also discuss common diseases of the heart.
- Presenter(s): Stuart Barr, MD, Cardiologist

An Aspirin a Day? Here's what to know about a daily aspirin to prevent heart attack

- In October 2021, the US Preventive Services Task force released updated recommendations for preventive aspirin use: Adults over age 60 should no longer consider taking a daily aspirin to prevent a first heart attack or stroke.
- Presenter(s): Cardiologist

Sports Cardiology/ Signs You Might Have An Undiagnosed Heart Condition

- Undiagnosed heart conditions in seemingly healthy individuals can result in sudden death during exercise or sports competitions.
- How do you know if you have a heart condition in advance? There are often early signs that something with your heart isn't right. Luckily, undiagnosed heart conditions are rare in young people. But that unfortunately doesn't mean they're impossible. It's not very common, but when it happens it's shocking and devastating. The good news is that these conditions can be treatable as long as you know the signs to look for. Here, experts share the most common ones.
- Presenter(s): Cardiologist

Understanding Heart Failure and Advanced Treatments

- Understand cardiac functions and the different types of heart failure. We will review current medication therapies for treatment and share advanced options for patients who do not respond to traditional management.
- Presenter(s): Cardiologist

The Latest in Cardiac Surgery

- Learn about the most innovative procedures available for treating heart disease.
- Presenter(s): Juan Grau, MD, Director, Cardiothoracic Surgery

Care Giving

The Club Sandwich Generation: Managing the Stress of Aging Family

- Navigating life-care planning for an aging family member can be very stressful. This program is designed to provide the attendees with an understanding of the process of aging and its impact on the family. The program will examine specific characteristics of the aging family, other trends that impact family life, changes in roles and the structure and dynamics of the caregiving relationship. We'll discuss how to start the initial

conversation and what to think about so that you can manage your stress in a healthy way.

- This webinar will be presented by Generations Counseling & Care Management, a 24/7 Geriatric Care Management firm specializing in the needs of the elderly, persons with disabilities & their families. This presentation is led by Stacey Maines, MSW LSW.

Dental Health

Dental Health- it's about a lot more than just your teeth

- Did you know that your oral health offers clues about your overall health — or that problems in your mouth can affect the rest of your body? Protect yourself by learning more about the connection between your oral health and overall health.
- Presenter(s): Dentist

Dermatology

My Favorite Skin Care Tricks

- Learn Dr. Zapolanski's favorite skin-care tricks and what you can do to enhance your skin health.
- Presenter(s): Tamar Zapolanski, MD, Dermatologist

How can I help my dry skin in the winter?

- Here are some things you can do to take care of your skin and keep it from drying out during winter.
- Presenter(s): Dermatologist

Diabetes

Diabetes and Nutrition

- Complications of diabetes is the fifth leading cause of death for those 45 years or older. Watch a general overview on what diabetes is and learn diet and lifestyle modifications to help control diabetes. Learn what foods have carbs, how to calculate carbs per serving, tips for eating out, helpful apps, and more. Includes delicious meal recommendations.
- Presenter(s): Joseph Juliano, RDN, Valley's Clinical Nutrition Manager

Digestive Health

Don't Be a GLUTEN for Punishment!

- Is it celiac disease, gluten sensitivity (wheat sensitivity) or a food allergy (food intolerance)? Celiac disease is the result of gluten intolerance and a malabsorptive genetic disorder affecting 1 in 133 people in the United States. Common symptoms can include diarrhea, weight loss, and malnutrition. Learn more about the causes of celiac disease and its management.
- Presenter(s): Sita Chokhavatia, MD, Gastroenterologist

Are At-Home Food Sensitivity Tests Effective?

- Are you concerned that you have a sensitivity to certain foods? At-home tests sound useful, but they don't always provide helpful information. People with negative reactions to foods may have food allergies or intolerances, not sensitivities. (Doctors don't use the term "food sensitivity," but some people describe intolerances that way.) At-home food sensitivity tests cost \$150 or more, and they aren't covered by insurance. Inaccurate results may cause you to unnecessarily avoid eating certain foods, limiting your diet. What's the difference between food allergies and intolerances, which may be called sensitivities?
- Presenter(s): Gastroenterologist

Feeling the Burn, Again?

- You've just sat back after having an amazing dinner when suddenly the familiar, uncomfortable burn starts! You don't have to live with chronic heartburn. Learn about the latest effective treatments available to soothe the burn.
- Presenter(s): Michael E. Herman, MD, Gastroenterologist

The Irritable Gut! IBS vs IBD

- Irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD) are two very different gastrointestinal disorders that require very different treatments. Learn about the differences between IBS and IBD and the treatment options to alleviate gut issues.
- Presenter(s): Gastroenterologist

What Does Your Poop Mean? Here's the 411 on everything excrement.

- We have a lot of names for it—bowel movement, poop, stool and several that shouldn't be mentioned. But we rarely actually talk about bowel movements. You may have questions about yours but are too embarrassed to ask. Never fear, a gastroenterologist, answers all of them here
- Presenter(s): Gastroenterologist

The Scoop on Fiber

- Fiber is not only essential to maintain a nutritious diet but can also help one to produce healthy stools. Find out how fiber can help you with your digestive health and beyond.
- Presenter(s): George Protopapas, MD Gastroenterologist

All About Crohn's Disease

- Join us to learn what Crohn's disease is, its symptoms, complications that could arise, and the treatment options.
- Presenter(s): Gastroenterologist

Oh, My Hernia!

- Are you experiencing pain in the groin area, nausea, and a bulge or pressure in the lower abdomen? You could have a hernia. Learn what hernias are, why they happen, and what you can do to relieve hernia-related symptoms
- Presenter(s): Dr. Igor Elyash, General Surgeon

Ear, Nose & Throat

Can You Hear Me Now?

- Discover more about common hearing conditions and the ways an audiologist can assist you. Untreated hearing loss has been linked to such serious issues as social isolation, anxiety, and even cognitive decline.
- Presenter(s): Katherine Kleban, AuD, CCC-A, Audiologist

Can you develop allergies as an adult?

- While most allergies present themselves during childhood, they are certainly possible to develop as an adult. In fact, its becoming increasingly common for people to develop allergies in adulthood. This can be due to several factors.
- Presenter(s): Allergy & Immunology Specialist, Dr. Kashkin

Emergency Medicine

Head and Facial Trauma: When to Go to the ER

- Head and facial injuries can range from minor to severe. Learn about the types, causes and symptoms of head and facial injury and when to seek medical attention.
- Presenter(s): Masood Rangiwala, MD- Emergency Room Physician

Must I go to the Emergency room?

- The thought of going to the emergency department is daunting for many, but sometimes it is necessary. Find out when you may be able to handle your health issue in another way.
- Presenter(s): Masood Rangiwala, MD- Emergency Room Physician

What You Need to Know About Fevers

- A fever is a rise in normal body temperature usually due to the body working to fight off an infection. Learn why our bodies produce fevers, symptoms, what you can do at home to treat fevers, and when to seek emergency care.
- Presenter(s): Emergency Room Physician or Primary Care Physician

First Aid Basics

- Learning the basics of doing First Aid and learn how you can protect yourself in case of emergency.
- Presenter(s): Valley EMT

The Top Summer Injuries & How to Avoid Them

- We connected with our doctors and they shared the four most common reasons people come to urgent care in the summer: swimmer's ear, heat stroke, tick bites and sunburn. Follow these tips on how to stay healthy this summer.
- Presenter(s):

Five Common ER Visits in the Fall

- As temperatures drop and the season changes, trips to the emergency room often rise. Here's how you can keep yourself safe this year .As the seasons change and temperatures begin to drop, you may find yourself feeling under the weather, and sometimes accidents happen.
- Respiratory Illnesses, Injuries from Household Chores, Seasonal Allergies & Asthma Exacerbation, Pain and Wounds from Outdoor Activities, Burns, Smoke Inhalation and Carbon Monoxide Poisoning
- Presenter(s):

Exercise/ Physical Therapy

6 Signs You Need Pelvic Floor Rehab

- The pelvic floor is a group of skeletal muscles in the base of your torso that are responsible for bowel and bladder function and sexual pleasure. If your pelvic floor muscles are weak or are not working correctly, you may experience uncomfortable, inconvenient or embarrassing symptoms. But the good news is that a physical therapist specializing in pelvic floor rehabilitation may be able to help.
- Presenter(s): Valley Pelvic Floor Physical Therapist

Exercise is Medicine

- Learn about the many benefits of exercise and how it can help you manage or improve chronic diseases.
- Presenter(s): Don Tomaszewski

Rise and Shine! Early morning exercises for busy people

- Many of us plan to work out everyday but often go to bed each night without having found the time for ant meaningful physical activity. Making time for exercise is beneficial in many ways: it helps lift your mood, boost your energy levels, control your weight, lower your risk of chronic health diseases and improve your quality of sleep. Learn tips for getting in exercise while maintaining a busy schedule
- Presenter(s): Valley Health LifeStyles Exercise Specialists

Got 10 Minutes? Try a Mini Workout

- Getting exercise doesn't have to be a monumental task. Even just 10 minutes here and there throughout your day can make a noticeable and positive impact on your health.

- Waiting for water to boil or dinner to come out of the oven? Try a few mini circuits of: Counter push-ups, Standing donkey kicks, Lunges
- Got 10 minutes at work?- Walk the stairs on a break. Do bicep curls during a virtual training or meeting break
- Scrolling through social media? Workout while you scroll with this exercise game: 5 calf raises for every ad you scroll past, 5 squats for every pet image you see, 5 lunges for every food photo that pops up
- Presenter(s): Valley Health LifeStyles Exercise Specialists

Strength Training: Anytime is a Good Time to Start!

- Want to reduce body fat, increase lean muscle mass and burn calories more efficiently? Strength training to the rescue! Strength training is a key component of overall health and fitness for everyone.
- Presenter(s): Valley Health LifeStyles Exercise Specialists

Loosen Up- Do you have tight hips? Here are ways to test your hip mobility and tips for improvement.

- Whether it's from sitting too long during the work day, weak core muscles or not properly stretching, tight hips can cause a number of aches and pains, as well as affect your gait and posture.
- Presenter(s):

Balancing Act: Fall Prevention

- Learn about safety measures to avoid injuries in the home and outside. Identify challenges and potential risks for falls.
- Presenter(s): Physical Therapist

Better Balance: Better Life

- Join us and our physical therapist to hear about normal gait, what affects your gait and balance, exercises and activities for better balance, and learn when to see a specialist.
- Presenter(s): John Jensen, P.T. Rehab Services Supervisor

The Many Benefits of Physical Therapy, Occupational Therapy & Speech Therapy

- Join us to hear from a physical therapist, speech therapist, and occupational therapist about the many benefits of rehabilitation and how these therapies can enhance your health and overall well-being
- Presenter(s): Valley Physical Therapist & Speech Therapist

High Intensity Interval Training 101

- In the past few years, there's been a growing hype around High Intensity Interval Training (HIIT). Especially amongst those looking to achieve serious physical gains, and push their performance to the next level. It's rumored to burn fat like a furnace and build muscle like a Greek God But what's it all about, and should we be jumping on the

HIIT bandwagon? Don't worry, we've got you covered. Here, we take a closer look at what it involves and how it can benefit your body.

- Presenter(s): Valley Health LifeStyles Exercise Specialists

Hitting the Trails & Hiking Local

- Want to hit the trails but don't know where to go? Now is the ideal time to begin planning, preparing your gear, and getting in shape for your next hiking adventure! Join an experienced hiking/trail running guide to learn how to identify unforgettable local hikes that match your ability level, using guidebooks, online resources and maps.
- Presenter(s): The New York/ New Jersey Trail Conference.

Health & Wellness

The 411 on H2O

- Here's how much water you need to consume to stay healthy and tips for avoiding dehydration. Staying hydrated is vital to your health and wellness. It moves oxygen throughout your body, helps you maintain blood pressure and digestive health, and increases energy levels, among other benefits
- Presenter(s): Internal Medicine Doctor or Registered Dietitian

The Importance of Primary Care/ Preparing for a Dr. Visit- How to make the most of your 15 minutes

- A primary care physician is a healthcare practitioner who sees people who have common medical problems and who can provide you with a trusting, ongoing relationship. Find out more about the many benefits of having this type of care, what to look for as you choose your primary care doctor and how to prepare for your doctors visit.
- Presenter(s): Stephanie Duarate, MD, Internist

Men's Health – Head to Toe

- Men are notorious for avoiding medical care, and this often results in serious consequences. Find out more about common men's health issues and what men should be watching for as they age.
- Presenter(S): Xelenia Depena, MD, Family Medicine

Mental Health/ Memory

Winter Blues/ Bright Side: Can light lamps help with depression symptoms?

- Learn how to deal with a mood shift during the colder; darker days of winter.
- Bright light therapy—also known as phototherapy—is safely used to treat a number of illnesses, but the most common use is for a type of depression called seasonal affective disorder, or SAD. People who have SAD experience symptoms of depression during certain times of the year, especially fall and winter when there are fewer daylight hours.

- Presenter(s): Psychiatrist

Improve Your Memory

- Discover what normal memory is and learn more about some of the signs of a progressive memory problem. Causes of memory loss, as well as ways to keep your memory intact, will be discussed.
- Presenter(s): Susan Breithaupt, LCSW, Health Educator

How Do Emotions and Money Intersect?

- Join us as we seek to have a clearer understanding of the connection between Emotions and Money. Learn to understand yourself a bit better in this area and also leave with concrete next steps: How was money and finance dealt with in your house growing up? What do you think about today when you think about money/finances? Do you and your partner agree when you discuss money/finance? How do YOU think emotions impact on your decisions around money/finance? What can you do In the next 30 days to improve your emotional relationship to your finances?
- Presenter(s): Michael J. Tozzoli, MSW, LCSW from West Bergen Mental Healthcare.

Mental Wellness: Managing Stress in the Holiday Season

- Do the holidays make you stressed and feeling blue? The holidays can be full of joy, but for some it brings stress, depression, and other challenges. Information and support will be provided to attendees to explore improved coping during the holiday season.
- Presenter(s):

Mental Health First Aid

- Teaches participants the signs of mental illness and substance abuse. Introduces a five-step action plan to initiate referral to mental health resources or support an individual who is experiencing a mental health crisis
- Why is Mental Health First Aid Important? Just like CPR, it is a vital skill that improves the well-being of our community. Helps to eliminate stigma associated with mental illness and substance abuse. Promotes recovery and resiliency.
- Presenter(s): West Bergen Mental Health

Calming the Anxious Mind

- An estimated 40 million Americans have an anxiety disorder, and this number does not include the many people who do not share that they are suffering. Find out more about this increasingly common mental health issue and effective treatments available
- Presenter(s): West Bergen Mental Healthcare

Dementia: What It Is, What It Is Not

- While we have come a long way in increasing awareness about dementia, there is still some misunderstanding of what this term actually means. This program will clarify the meaning of dementia and will explain the causes. In addition, steps to acquire an accurate diagnosis will be discussed.

- Presenter(s):

Alzheimer's- It's Typical Course

- Alzheimer's disease usually progresses slowly in three general stages: early, middle and late. Learn more about the typical course of this illness and what you can do to help you and your loved on better manage this disease.
- Presenter(s):

Walk to Remember- It's commonly known that physical activity is good for your heart and maintaining a healthy weight. But did you know that it may also lower your dementia risk?

- A recent study found that getting 9,800 steps daily decreased the risk of dementia in adults. The study also found that step intensity and walking pace matter: Walking purposefully (at least 40 steps per minute) was associated with lowered dementia risk.
- Presenter(s):

Successful Aging- Your Brain and Beyond

- Aging is inevitable, but we can positively influence the process of making healthy choices about how we live. Discover more about what happens to our bodies and brains as we mature and the many ways we can continue to live our best lives!
- Presenter(s): Bennet Leifer, MD, Medical Director, Geriatric Services

Fear Not, There Is a Way to Handle Anxiety

- Learn how to handle anxiety. Join Susan Breithaupt, Social Worker for a discussion about what anxiety is and tips on how to overcome/manage it.
- Presenter(s): Susan Breithaupt, LCSW, Health Educator

Heart Headed

- Can good cardiac health reduce one's risk of dementia? Join us to learn more about the connection between the heart and the brain and ways to keep your mind and body healthy from Valley's Director of Geriatric Services.
- Presenter(s): Bennett Leifer, MD Medical Director, Geriatric Services, Valley Medical Group

Nutrition

Live Well, Eat Well, Be Well

- Focus on the importance of a healthy lifestyle instead of dieting for long-term benefits! Learn practical tips and strategies to implement healthy eating principles to feel and look your best.
- Presenter(s): Janet A. Brancato, MS, RD

Nutrition as You Age

- There is much evidence that eating a healthy diet can contribute to better health and even longevity. Join us to hear how to improve your nutrition so you can enhance those golden years

- Presenter(s): Nicole Fuller, RDN, Registered Dietitian

Healthy Summer Eating

- Are seasonal fruits and vegetables more nutritious? Join us to find out if that is the case and to discuss health produce and how you can get the most out of it this summer.
- Presenter(s): Nicole Fuller, RDN, Registered Dietitian

The Truth Behind the Trends

- From fad diets to superfoods, come learn the facts about the nutrition hot topics you keep hearing about.
- Presenter(s): Registered Dietitian

Fighting Fire With Fire

- What does food have to do with inflammation in our bodies? Learn how certain foods can be inflammatory in our bodies, leading to pain and healthcare issues - and which foods can help you manage this common condition.
- Presenter(s): Registered Dietitian

Sugar Shock

- Learn more about sugar and ways to decrease added sugar in your diet.
- Presenter(s): Registered Dietitian

Packing School Lunches and Snacks

- Does the idea of packing school snacks and lunches overwhelm you? Us too! Join our school snack workshop and learn how to pack healthy, balanced snacks for your kiddos without spending hours doing it.
- *Do you have a question about how to pack the best school snack/lunch for your little one? Do you have a health or nutrition question regarding your little's school snack/lunch? Submit a question or give us your favorite tip and have it answered live! Everyone who submits a question or shares a tip, could win our snack-packing giveaway!!
- Presenter(s): Nicole Fuller, RDN, Registered Dietitian

Conquering Cravings

- Learn tips and tricks to help curb cravings and maintain healthy eating habits
- Presenter(s): Nicole Fuller, RDN, Registered Dietitian

A Stroll Through the Supermarket- What is all this stuff?

- Take a virtual trip down the supermarket aisle with a registered dietitian who will help you decipher the food labels and assist you in making healthy choices for you and your family
- Presenter(s): Nicole Fuller, RDN, Registered Dietitian

Healthy Grocery Shopping Made Simple: Virtual Store Tour and Recipe Demo

- Do you feel overwhelmed when you go to the grocery store? In this event, you'll get a dietitian led tour and learn where to find healthy items, how to read labels, and what to look for when planning and shopping for healthy meals.
- Presenter(s): Jessica Cording, MS,RD,CDN, Registered Dietitian and Health Coach

What do Dietitians Give Out at Halloween?

- Halloween can be a real treat, but it can also be a time of overindulging on sweets. It's nearly impossible to prevent your child (and you) from being exposed to candy this time of year, so set ground rules in advance for candy consumption.
- Registered dietitian shares how to have a conversation with your child before trick-or-treating and what types of treats are healthier alternatives.
- Presenter(s): Registered Dietitian

Be Happy & Healthy with Plant Based Nutrition

- Learn about how to maintain a plant-based diet. Join Nicole Fuller, Registered Dietitian in exploring the basics of a plant-based diet, including the health benefits and meal planning tips.
- Presenter(s): Nicole Fuller, RDN, Registered Dietitian

Healthy How-To: Charcuterie Edition

- Traditionally, charcuterie is a French term, meaning a type of cooking focused on prepared cold meats. Often a variety of cold meats are organized on a platter with cheeses, fruits, and pieces of bread or crackers. As of late, charcuterie boards have become a major social trend! But how can we make such a popularly decadent style of cooking healthy?
- Presenter(s): Registered Dietitian

Healing Your Bones

- Learn about how to improve your bone health. Join Kathy Newberg, for a discussion about different foods that may help increase bone density and other tips to improve bone strength.
- Presenter(s): Kathy Newberg, Healthy Bone Project Trainer

Ophthalmology

The Aging Eye

- Our vision changes as we age and problems with our eye health are not uncommon. Find out more about vision issues and what you can do to effectively manage them.
- Presenter(s): David Benderson, MD, Director- VMG Ophthalmology

Orthopedics & Joint Replacement & Podiatry

Shouldering the Pain

- Is shoulder pain interfering with your daily life? Is it limiting what you want to do? The informative presentation reviews the causes of should pain and the latest trends in available treatment.
- Presenter(s): David Rudman, MD, Orthopedic Surgeon

My Aching Knees

- Knee pain can be caused by a number of issues. Join us to learn more about the anatomy of the knee and problems that occur as we age
- Total knee replacement surgery is a treatment for knee pain usually caused by arthritis. Join us to learn about surgical considerations and procedures, including surgery with the Mako Robotic-Arm Assisted Surgical System
- Presenter(s): Erik Zachwieja, MD, Orthopedic Surgeon, Nicolas Alexander, MD, Orthopedist

The Newest Trends in Hip Surgery

- Millions of Americans suffer from hip pain, which can greatly limit one's ability to perform even the most basic functions. Find out more about the most up-to-date surgical interventions to treat this common health issue.
- Presenter(s): Ismar Dizdarevic, MD, Orthopedic Surgeon

Steady on Your Feet

- Given the amount of stress we place on our feet after many tears of use, it is no wonder that certain medical problems can occur in them. Join us to hear about some of the issues related to our feet and what we can do to manage them.
- Presenter(s): Mina Hanna, DPM, Podiatrist

Ditch the Flops? Find Out If You Should Leave the Flip-Flops in Your Closet This Summer

- Flip-flops go with summer like beaches and board walks. But did you know that wearing them too often can cause painful injuries and potentially long-term damage to your feet
- Presenter(s): Podiatrist or Orthopedic Surgeon

Under Pressure: Why do your joints hurt during rainy weather?

- Some people swear that they can predict when rain is in the forecast because their joints start to ache. Other people notice similar discomfort during other weather events or when the seasons change. Experts believe that joints may ache among affected people because of barometric pressure. Other reasons for weather related joint pain and ways to minimize pain will also be discussed.
- Presenter(s): Orthopedic

In a Pinch: How do you know if you have a pinched nerve, and when you should see a doctor about it?

- A pinched nerve can be quite painful and is often the result of a normal wear-and-tear injury to the spine. But how do you know if you have a pinched nerve, and when should you see a doctor about it?
- Presenter(s): Orthopedic

Hand or Wrist Pain? Signs to See a Doctor For Carpal Tunnel Syndrome

- If you notice discomfort in your hands or wrists, how can you tell if it's a passing problem or something that's worth mentioning to your doctor, like carpal tunnel syndrome? Experts recommend making a judgment call based on the frequency and intensity of your symptoms.
- Presenter(s): Orthopedic

Wristy Business

- You may not realize how much you use your hands until arthritis starts to affect them, making daily activities challenging. Join us to learn about the causes, how to manage the pain, and the available treatment options.
- Presenter(s): Kevin Roenbeck, MD, Orthopedic Surgeon

Scoliosis –What's Around the Bend?

- Although scoliosis is more common in children, adults may also be diagnosed with it. Learn how adults can develop scoliosis, symptoms, and treatment options available to help alleviate the pain.
- Presenter(s): Michael J. Faloon, MD- Orthopedic Surgeon

Pain Management

Heads Up: What Type of headache you might be experiencing and what you can do about it?

- Headaches are incredibly common. There are many different types of headaches, all of which have different causes, characteristics and treatment options.
- Presenter(s): Neurologist

Migraine Mysteries Unveiled

- Learn about migraine triggers and the latest treatments available to manage your migraines.
- Presenter(s): Gerard Tuohy, RPh

Back, Neck, and Migraine Pain Relief (OMT)

- Are back pain, headaches, or other aches and pains keeping you from doing the things you love? Dr. Annunziato discusses Osteopathic Manipulative Treatment (OMT); the

holistic approach to evaluating and treating these and other common conditions that can have a significant impact on your daily function and quality of life.

- Presenter(s): Jack A. Annunziato, DO, FAAPMR, Physical Medicine & Rehabilitation

Keeping Your Pain in Check

- Pain management is a branch of medicine involving the management of acute and chronic pain. Join us to hear about the multidisciplinary approach to this healthcare issue so that you can find out how to better ease suffering and live an improved quality of life!
- Presenter(s): Nicole Matar, MD, Pain Specialist

Managing Your Pain

- Pain management can improve function, allowing people who suffer from acute or chronic pain to participate in day to day activities. Join us to discover the latest treatments for pain including medications and other therapeutic modalities.
- Presenter(s): Robin Iverson, M.D. Pain Management Specialist, Fani J. Thomson, DO, Physical Medicine and Rehabilitation

Think Outside the Pill Box

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Pediatrics

Healthy Lifeways for Children

- Learn about Valley's Center for Pediatric Wellness and Weight Management's comprehensive program to help overweight and obese children and teenagers lose weight, improve their health, and reduce their risk of developing chronic. Join us to discuss stress-free trips and tricks to get your little ones living well and eating healthy.
- Presenter(s): Sherry Sakowitz-Sukkar, MD, Pediatric Obesity

Talking to Kids About Food, Energy, and Their Health

- Talking to our kids about food and their bodies can be a touchy subject. Hear from our obesity specialist on the best ways to talk about food, kids' bodies, and their health.
- Presenter(s): Sherry Sakowitz, MD, Director, Pediatric Wellness & Weight Management

Preventive Pediatrics

- Join us to learn ways of keeping your child healthy –mentally, physically, and emotionally.
- Presenter(s): Cecilia Godoy, MD, Pediatrician

Water Safety

- Swimming is great exercise, as well as a fun way to spend time together as a family. There's nothing like spending an afternoon splashing around in the water and enjoying

being together. Unfortunately, many people don't realize how dangerous swimming can be without careful preparation. In the United States, someone dies from drowning every 10 minutes. One out of every five drowning victims is a child, and, for every child who drowns, another five children get treated with injuries related to being submerged in water. Water safety encompasses a person's behavior in and around the water. Before taking your kids to the pool, beach or lakeshore, teach them these 10 basic water safety tips to ensure a safe and pleasant water experience.

- Presenter(s): LifesStyles Aquatic Manager

Home Field Advantage: Learn the most common sports injuries in kids- and how you can help prevent them

- There are many advantages to your kids participating in group sports and athletic activities. They get a chance to learn about physical fitness, improve their concentration skills and boost self-esteem. While there are many valuable benefits, playing sports can potentially be a risky activity. According to data from the Centers for Disease Control and Prevention, injuries caused by youth sports account for nearly 3 million emergency room visits each year. Most common sports injuries and ways to prevent injury will be discussed.
- Presenter(s): Orthopedic

What to Do if Your Child Has a Head Injury- How to know when a child's head injury is serious enough to require medical help.

- Parents know how common it is for kids to bump or bang their heads. But how do you know when a head injury is serious enough to require medical help or when it should be managed at home?
- Presenter(s): Pediatric critical care medicine specialist/ Pediatric neurosurgeon

Tummy Troubles

- Learn the top things to know about stomach issues in children, and when to call a doctor
- Presenter(s):

Pharmacy

Vitamins: What Do You Really Need to Know?

- Do you know what's in your vitamin pill? Do you know the amounts that are considered safe and recommended to enhance good health? Find out!
- Presenter(s): Gerard Touhy, RPh- Pharmacist

Prescription Generics

- Many people have questions about the use of generic drugs and their effectiveness. Find out more about the difference between common medications and their generic counterparts from a registered pharmacist.

- Presenter(s): Gerard Touhy, RPh- Pharmacist

Vaccines You Need

- Join us to learn the current recommendations for vaccinations to live your healthiest life.
- Presenter(s): Eirene John, MD- Family Medicine

Respiratory Health

Every Breath You Take

- Learn about the latest treatment options and guidelines for managing your asthma from one of our pulmonologists and critical care specialists.
- Presenter(s): Jill Lefkowitz, Respiratory Care Educator

Be a Quitter: What happens to your body one, five and 10 years after you quit smoking?

- Smoking can lead to increased risk for stroke and coronary heart disease, and increased risk for other cancers, like pancreatic. After a person quits smoking, their health can improve almost immediately. These immediate benefits include a drop in heart rate and blood pressure and a lowered carbon monoxide level. Once you've reached the 1 year mark, the benefits become even more significant.
- Presenter(s):

Sleep

Sleep and Anxiety: Are They Related?

- Is there a relationship between your sleep and your anxiety? Find out how these two factors interplay and how managing both can improve your health.
- Presenter(s): Jeffrey Barasch, M.D., FAACP, FAASM Board-Certified Sleep Medicine Specialist and Director, Center for Sleep Medicine & Suzanne Pearson, RPSGT, RST, CCSH Manager, Center for Sleep Medicine

Sleep Well, Feel Well

- How much sleep do I need? Why can't I stay asleep? Learn the stages of the sleep cycle, common sleep disorders and helpful tips for a good night's sleep.
- Presenter(s): Suzanne Pearson, Clinical Manager, Valley Hospital's Center for Sleep Medicine

Good Night, Sleep Tight

- Getting enough sleep is imperative to overall health and wellbeing. Are you getting enough quality sleep? Join us to learn the importance of a good sleep routine, how to get better sleep, and benefit from a good night's rest!
- Presenter(s): Rahat Salamat, MD Sleep Medicine

Weight Loss

Weight Loss Strategies: What You Need to Know

- Learn the right way to manage your weight. Easy, practical tips will be discussed to enhance nutrition without losing taste or depriving yourself. Focus on a lifestyle, not a diet.
- Presenter(s): Janet A. Brancato, MS, RD, Valley Dining

All About Weight Loss Surgery/ Weight Loss Strategies: What You Need to Know

- Are you struggling with obesity? We invite you to join us for an informational session discussing the medical and surgical options for treatment of obesity
- Presenter(s): Edward Yatco, MD, FACS, Medical Director for Robotics and Minimal Invasive Surgery, Director, Bariatric Surgery

Women's Health

What Are the Signs & Symptoms of Polycystic Ovary Syndrome (PCOS)?

- Polycystic (pronounced: pol-ee-SISS-tik) ovary syndrome (PCOS) is a common health problem that can affect teen girls and young women. It can cause irregular menstrual periods, make periods heavier, or even make periods stop. It can also cause a girl to have excess hair and acne
- Presenter(s): Gynecologist

Uterine Fibroids

- An overview of a wide range of benign gynecologic conditions such as abnormal uterine bleeding/heavy periods, pelvic pain, ovarian cysts, and endometriosis will be discussed. She will also go into further details about uterine fibroids which are very common, affecting more than half of all women. Symptoms of uterine fibroids and treatment options will also be discussed.
- Presenter(s): Nicole Astill, MD, Surgical Gynecologist

Other

What You Need to Know about Thyroid Nodules

- Thyroid and parathyroid conditions can be complicated. General information on the thyroid gland and how it supports your body's overall function will be discussed. She will also explain what thyroid nodules are, risk factors and symptoms, how to find, evaluate, and treat thyroid nodules and when to see your physician for further evaluation.
- Presenter(s): Anna Kundel, MD, FACS, Medical Director of Endocrine Surgery

The Newest Techniques to Treat Your Varicose Veins

- Now is your chance to learn the newest techniques and options to finally treat your varicose and spider veins
- Presenter(s): Daniel Char, MD, FACS, Director, Vascular Intervention

Osteoporosis

- According to the National Osteoporosis Foundation, this chronic disease that causes bones to become weak and prone to breakage affects 1 in 2 American women. Learn more about this common health issue and the latest treatments to manage it more effectively.
- Presenter(s): Jaclyn Anne Sta. Maria, MD

Managing Osteoarthritis

- Osteoarthritis is the most common form of arthritis. Join us to learn the causes, symptoms, and latest treatment options to help manage this health concern.
- Presenter(s): Ashraf Raslan, MD, Rheumatologist

Office ergonomics: Your how-to guide

- A comfortable work space can help you feel your best. Give your sitting work area a makeover. If you sit behind a desk for hours at a time, you're not doomed to a career of neck and back pain or sore wrists and fingers. Proper office ergonomics — including correct chair height, adequate equipment spacing and good desk posture — can help you and your joints stay comfortable at work.
- Presenter(s): Dr. Joe Labriola from Chiro Health Spa

Sidestepping DVT

- Do you have pain and swelling in your lower leg or thigh? This could be a sign of a blood clot deep in your leg, which can cause serious complications if ignored. Learn about the latest interventions in the treatment of deep vein thrombosis (DVT).
- Presenter(s): Daniel Char, MD- Director, Vascular Intervention, The Valley Hospital