

EXTENDING THE CARE . . . ETC PROGRAM

Established in 2004, **ETC** is a health and wellness educational and resource program that is offered in collaboration with Passavant Hospital Foundation and UPMC Passavant.

**Seminars are free of charge and open to everyone.
To register, call 412-367-6640**

How to Prevent a Heart Attack

What You Don't Know Can Hurt You – and Your Loved Ones

Location: Kearns Spirituality Center, Sisters of Divine Providence
Date: Tuesday, September 15, 2009
Time: 9-11 a.m.; *Doors open at 8:15 a.m.*
Presenter: **Daniel Edmundowicz, MS, MD, FACC, Non-interventional Cardiologist, UPMC Passavant**
Topic: Cardiovascular disease remains the number one killer of men and women in this country. For many, the first and only symptom is a life threatening heart attack. In this seminar, Doctor Edmundowicz will discuss the factors that contribute to an increased risk of heart attack; discuss new ways to predict an individual's risk; and focus on effective strategies to lower risk including lifestyle modification as well as pharmacologic and non-pharmacologic therapies.

Colon Cancer Awareness

Location: Kearns Spirituality Center, Sisters of Divine Providence
Date: Tuesday, October 20, 2009
Time: 9-11 a.m.; *Doors open at 8:15 a.m.*
Presenter: **Marc Brozovich, MD, Colorectal Surgeon, UPMC Passavant**
Topic: Last year, more than 108,000 new cases of colon cancer and approximately 41,000 cases of rectal cancer were diagnosed in the United States. Over 49,000 people died from these two diseases combined. Doctor Brozovich will focus on the prevention and detection of the disease and advancements in treatment options.

Diabetes and Nutrition

Location: Kearns Spirituality Center, Sisters of Divine Providence
Date: Tuesday, November 17, 2009
Time: 9-11 a.m.; *Doors open at 8:15 a.m.*
Presenter: **Patrick M^cCarthy, RN and LuAnn Berry, RD, CDE, UPMC Passavant**
Topic: November is National Diabetes month. Currently in the United States 8 percent of the population has diabetes. Over 17 million people have been diagnosed while another 6 million people have no idea that they have diabetes. Some risk factors for diabetes include pre-diabetes (which current estimates state that 57 million people are affected by this risk factor), decrease in activity, increase in weight and sometimes other medical conditions may predispose a person to diabetes. Come join us for an informative morning discussing: what diabetes is, medicines available for treatment, and current recommendations for staying healthy with diabetes.

*UPMC Passavant is a hospital accredited by The Joint Commission
and an approved provider for continuing education requirements for professional nurses.
2.0 CE are awarded for each of these presentations*

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