

Women's

HEALTH RESOURCE

Winter 2010

Getting in tune with your body

It's time to take a day to fine-tune your health goals by coming to Women's Health Day at Baptist Hospital.

Getting in Tune With Your Body is the theme of the 19th annual celebration of women's health, set for **Saturday, January 23**, 1-4 p.m., on the Baptist Hospital campus.

The afternoon offers learning, music, refreshments and relaxation, as well as presentations by Baptist Health specialists, including:

1-1:45 p.m. – Keynote presentation on “The Rhythm of a Healthy Heart” by heart surgeon Lynn Seto, M.D.

2-2:30 p.m. – “Orchestrating a Heart-Healthy Diet” with dietitian Natalie Romero.

2:45-3:15 p.m. – “The Art of Staying Young With Movement and Dance” with movement therapist Carol Kaminsky.



Save the date!

Mark your calendars for a free day of fun, refreshments and pampering at **You Look SPavelous on Sunday, May 2**, 1-4 p.m., at South Miami Hospital.

The event, sponsored by the Center for Women & Infants, kicks off at 1 p.m. with a talk from keynote speaker and television celebrity **Judge Marilyn Milian**, who presides over The People's Court. Reservations are required. Call **786-596-3815**.



Judge Marilyn Milian

You'll also enjoy the following:

- ◆ Free screenings for cholesterol, blood pressure, blood sugar (diabetes), body fat ratio and bone density (osteoporosis).
- ◆ Meetings with experts on heart disease, robotic surgery, diabetes, cancer, nutrition and fitness.
- ◆ Mini-consultations with cosmetic surgeons.
- ◆ Chair massages.

◆ A drawing for gift baskets.

No reservations are needed. This free event takes place rain or shine at Baptist Medical Arts Building at 8950 North Kendall Drive. There's plenty of free parking.



Lynn Seto, M.D.
Heart Surgeon

Eating too fast may pack on the pounds

A new study may explain why wolfing down your food might lead to overeating and weight gain.

The study, reported in the *Journal of Clinical Endocrinology & Metabolism*, found that the participants who ate 675 calories' worth of ice cream in 30 minutes had higher levels of two appetite-regulating hormones that signal fullness than those who ate the same quantity in five minutes. The researchers said this may explain why speed-eaters may eat more, consuming more calories than slower eaters.

“It takes between 10 and 20 minutes for the food that enters the mouth to reach the stomach and deliver the message to the brain that a person is full,” explained Natalie Romero, Baptist Health's community health and wellness dietitian. “If you eat too quickly without giving the body the time it needs to register fullness, it is easier to eat too much, consuming extra calories that lead to weight gain.”

To slow down your eating, Ms. Romero suggests the following:

- Start with a salad and eat vegetables, fruits and whole grains (fiber makes them more filling).
- Put down the fork between bites.
- Take frequent sips of water.
- Talk with someone during the meal.
- Chew the food well before taking another forkful.
- Wait 10-20 minutes before going for seconds.

To prevent feeling ravenous before a meal, eat a healthy snack (low-fat cheese or yogurt, baby carrots, whole-grain crackers). Even better, plan on eating three well-balanced meals a day so you don't feel hungry.

If you want to learn more about healthy eating, check out these and other free programs from the calendar on the back of this page:

- ◆ **(In Spanish) Reading and Understanding Food Labels**, Wed., Jan. 13, 7-8 p.m., dietitian Rebecca Barreto. Women's Health Resource Center, 8950 North Kendall Drive, Suite 105. Call **786-596-3814**.
- ◆ **Healthy Year, Healthy You**, Tues., Jan. 26, 7-8 p.m., dietitian Nicole Treanor. Homestead Hospital, Campbell Drive and SW 147 Ave. Call **786-596-3812**.
- ◆ **(In Spanish) Losing Weight: This Is My Year!** Fri., Jan. 15, 1-2 p.m., dietitian Maria Townsend. Baptist Medical Plaza at Doral, 9915 NW 41 St., Suite 210. Call **786-596-3814**.

About Our Services

Women's Health Resource Center is a not-for-profit service of Baptist Health South Florida. Our support groups and referral services are free; there is a nominal fee for most other programs. The Center is located on the first floor of Baptist Medical Arts Building, 8950 North Kendall Drive. There is convenient free parking in an adjacent garage. For more information, call **786-596-5981** from 9 a.m. to 5 p.m.

weekdays. The Center coordinates women's health programs at Baptist, South Miami, Doctors, Homestead and Mariners Hospitals, as well as at our Baptist Medical Plaza Health Resource Centers. If you'd like to be added to our mailing list to receive this newsletter, or if you'd like to be removed from our mailing list, please call **786-596-5981**. Or sign up for e-News or podcasts in English or Spanish at baptisthealth.net.



WOMEN'S HEALTH RESOURCE CENTER PROGRAMS

The following programs are planned this winter by Women's Health Resource Center. Most programs are free (unless otherwise noted). **Space is limited and registration is required for all programs.** Just call **786-596-3812** (or the number noted) from 9 a.m. to 5 p.m., Monday-Friday, or e-mail us at bhsfprogram@baptisthealth.net. (From outside Miami-Dade County, call toll free **800-535-1569**.) Check out our calendar for these and other programs at baptisthealth.net.

JANUARY, FEBRUARY, MARCH

WOMEN'S HEALTH RESOURCE CENTER

8950 North Kendall Drive, Suite 105

(In Spanish) Reading and Understanding Food Labels, Wed., Jan. 13, 7-8 p.m., dietitian Rebecca Barreto. Call **786-596-3814**.

19th Annual Women's Health Day, Sat., Jan. 23, 1-4 p.m. Free health screenings, brief lectures, exhibits and demonstrations. No reservation is required. (See front page for details.)

Signs and Symptoms of a Heart Attack, Tues., Feb. 9, 7-8 p.m., cardiologist Marcus St. John, M.D.

(In Spanish) Signs and Symptoms of a Heart Attack, Wed., Feb. 10, 7-8 p.m., interventional cardiologist Ramon Quesada, M.D. Call **786-596-3814**.

What You Need to Know About Kidney Stones, Tues., March 9, 7-8 p.m., urologist Yekutiel Sandman, M.D.

(In Spanish) Hope: Looking Up When Things Are Down, Tues., March 16, 7-8 p.m., the Rev. Guillermo Escalona. Call **786-596-3814**.

Don't Die for Love: Stop Domestic Violence. A bilingual domestic abuse counselor from Safe Space South is available to help women who are being physically, emotionally or sexually abused in the home. Fridays, Feb. 5 & March 5, 11 a.m.-2 p.m. Call **786-596-5981**. Free.

Support Groups

Gluten-free in South Florida, a support group for patients and family members of those who suffer from celiac disease or dermatitis herpetiformis, Mondays, Jan. 4, Feb. 1 & March 1, 7-9 p.m.

Resolve, a support group for those experiencing infertility, Mondays, Jan. 18, Feb. 15 & March 15, 7-8 p.m.

Your Bosom Buddies, a breast cancer support group, Thursdays, Jan. 21, Feb. 18 & March 18, 7-8:30 p.m.

The ParkOptimists, a support group for those experiencing Parkinson's disease, Fridays, Jan. 8, Feb. 12 & March 12, 7-8 p.m.

Breast-feeding Discussion Group, provides education and support for breast-feeding mothers before and after delivery. First and third Wednesday of every month, 10-11:30 a.m.

BAPTIST MEDICAL PLAZA AT DORAL

9915 NW 41 Street, Suite 210

Small Fixes, Big Results: What's New in Cosmetic Surgery? Thurs., Jan. 14, 7-8 p.m., plastic surgeon Joel Levin, M.D.

(In Spanish) Losing Weight: This Is My Year! Fri., Jan. 15, 1-2 p.m., dietitian Maria Townsend. Call **786-596-3814**.

(In Spanish) Hope and Help for Anxiety and Depression, Fri., Feb. 5, 1-2 p.m., psychologist Catalina Jacobs-Fernandez, Psy.D. Call **786-596-3814**.

(In Spanish) Diagnosis and Treatment for Cataracts, Tues., March 2, 7-8 p.m., ophthalmologist Carlos Buznego, M.D. Call **786-596-3814**.

Prostate Health: Get the Facts, Thurs., March 4, 7-8 p.m., urologist Darren Bruck, M.D.

Adult/Child Family and Friends CPR, Tues., March 23, 6:30-8 p.m., certified instructors. Fee \$5.

BAPTIST MEDICAL PLAZA AT WESTCHESTER

8820 Bird Road, Suite 400

Why Men Never Remember and Women Never Forget: The Communication Differences, Tues., Jan. 12, 7-8 p.m., psychologist Kaia Calbeck, Ph.D.

(In Spanish) Healthy Habits and Hypnosis: Can It Work for You? Mon., Jan. 18, 7-8 p.m., psychologist Alicia Vidal-Zas, Psy.D. Call **786-596-3814**.

Adult/Child Family and Friends CPR, Wed., Jan. 27, 6:30-8 p.m., certified instructors. Fee \$5.

Management of Diverticular Disease, Mon., Feb. 8, 7-8 p.m., gastroenterologist Alfredo Rabassa, M.D.

(In Spanish) A Change of Heart: Lowering Your Risk of Heart Disease, Tues., Feb. 23, 7-8 p.m., cardiologist Efrain Gonzalez, M.D. Call **786-596-3814**.

(In Spanish) The Diabetic Diet: Is There Really One? Mon., March 8, 7-8 p.m., dietitian Vivian Fernandez. Call **786-596-3814**.

Macular Degeneration: The Clear Picture, Wed., March 24, 7-8 p.m., ophthalmologist Zachary Segal, M.D.

BAPTIST HEALTH RESOURCE CENTER AT INFORMED FAMILIES

2490 Coral Way, Second Floor

Using Expressive Therapies to Reduce Stress, Mon., Jan. 11, 7-8 p.m., expressive therapist Barbara Kreisberg.

(In Spanish) Beauty at Any Age, Tues., Jan. 19, 7-8 p.m., cosmetic surgeon Rafael Gottenger, M.D. Call **786-596-3814**.

(In Spanish) The Joys and Challenges of Grandparenting, Thurs., Feb. 18, 7-8 p.m., pediatrician Claudia Herrera, M.D. Call **786-596-3814**.

(In Spanish) Aging Well, Thurs., March 11, 1-2 p.m., internist Teresa Iribarren, M.D. Call **786-596-3814**.

(In Spanish) Avoiding a Stroke, Fri., March 26, 1:30-2:30 p.m., neurologist Gonzalo Yanez, M.D. Call **786-596-3814**.

DOCTORS HOSPITAL

5000 University Drive

Support Group

Gynecological Cancer Support Group. A free group for women. Tuesdays, Jan. 19, Feb. 16 & March 16, 5-6:30 p.m., Doctors Hospital, second floor, conference room. For information and registration, call **786-308-3824**.

HOMESTEAD HOSPITAL

Campbell Drive & SW 147 Avenue — Auditorium

Healthy Year, Healthy You, Tues., Jan. 26, 7-8 p.m., dietitian Nicole Treanor.

Community Health Fair, Saturday, Feb. 20, 9 a.m.-12 noon. Free health screenings and exhibits.

ONGOING PROGRAMS

Osteoporosis Screenings. Screening available by appointment. Fee \$15. Call **786-596-3812**.

Women's Advisory Council

Mona Ignatz Adams, Mikki Futernick, Sandra Gonzalez-Levy, Tiffany Heckler, Claudia Kitchens, Precious Knox, Mary Lynch, Bonnie Mayer, Laura Morilla, Rosa Naccarato, Robin Palomares, Ann Pope, Jana Sigars-Malina, Charlotte Stoker, Ruth Tart, Carol Williamson.

Baptist Health South Florida

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