

Women's HEALTH RESOURCE

Fall 2009

Breast cancer survivors celebrate

Breast cancer survivors, family and friends are invited to the 12th annual Breast Cancer Survivors Celebration, hosted by Your Bosom Buddies Breast Cancer Support Group and Baptist Health. The free celebration is set for **Thursday, October 8, 6-9 p.m.**, at South Miami Hospital's Clarke Education Center, U.S. 1 and SW 62 Avenue.

Speakers will include Baptist Health breast surgeons **Robert DerHagopian, M.D.**,

and **Gladys Giron, M.D.**; diagnostic radiologist **Maria Maria Pilar Rodriguez**; medical oncologist **Grace Wang, M.D.**; and reconstructive surgeon **Brad Herman, M.D.**

More than 20 community organizations will have displays and exhibits. Included will be a photo exhibit that captures the fighting spirit of breast cancer survivors, called "A Shot at Life." There also will be entertainment and a light dinner.

Space is limited and reservations are required. Call **786-596-3815**.

More Breast Cancer Month programs:

Other programs and activities planned during Breast Cancer Awareness Month in October include the following:

◆ **Saturday, October 3 – American Cancer Society's Making Strides Against Breast Cancer 5K Walk** at Bayfront Park. Registration at 8 a.m.; walk at 9 a.m. No entry fee, but donations are accepted. Register online at www.cancer.org/stridesonline or call **305-779-2853**.

◆ **Wednesday, October 14 – Maintaining Your Best Breast Health: A Guide for Women**, 6:30-8 p.m. at South Miami Hospital, Clarke Education Center, U.S. 1 and SW 62 Ave. Light dinner and gifts for first 50 guests, with drawing for grand prize. Breast surgeon Gladys Giron, M.D. Free. Registration is required. Call **786-596-3812**.

◆ **Saturday, October 17 – Susan G. Komen Race for the Cure 5K Walk** at Bayfront Park. Registration at 6 a.m.; walk at 8:50 a.m. Entry fee \$25 through October 9, \$30 after that date, and \$35 on race day. Sign up at www.komenmiaftl.org.

◆ **Tuesday, October 20 – Fourth annual Breast Health: What Every Woman Needs to Know**, 6-9 p.m. at Homestead Hospital Auditorium, Campbell Drive (SW 312 St.) and SW 147 Ave. Exhibits and refreshments 6-7 p.m. Panel presentation 7-9 p.m. featuring cancer surgeon George Tershakovec, M.D., radiologist Maria Pilar Martinez, M.D., and reconstructive surgeon Max Polo, M.D. Free. Reservations are required and space is limited. Call **786-596-3812**.

Women are different (when it comes to heart disease!)

In case you haven't heard, women are different from men when it comes to heart disease. If you want to know more about those differences, and what they may mean to your health, come to a free heart health seminar on **Tuesday, October 6**, at South Miami Hospital's Clarke Education Center auditorium.

Featured speakers will be interventional cardiologist **Stratego Castanes, M.D.**, cardiologist **Abbe Rosenbaum, M.D.**, and heart surgeon **Lynn Seto, M.D.**

Here's the program schedule:

5:30-6 p.m. – Registration and complimentary boxed dinner.

6-7:30 p.m. – Physician presentation and discussion.

7:30-9 p.m. – Health screenings for cholesterol, blood pressure, blood sugar (diabetes) and body mass index.

The event is free, but reservations are required. Call **786-596-3815**.



Stratego Castanes, M.D.
Interventional Cardiologist



Abbe Rosenbaum, M.D.
Cardiologist



Lynn Seto, M.D.
Heart Surgeon

Save the dates!

12th annual Children's Health Day, Sunday, October 25, 1-4 p.m. Lakeside in front of Baptist Children's Hospital, 8900 North Kendall Drive. Fun-filled activities to help children learn healthy habits. Halloween costumes welcomed. Free.

19th annual Women's Health Day, Saturday, January 23, 2010, 1-4 p.m. Baptist Medical Arts Building, 8950 North Kendall Drive. Free

health screenings, demonstrations, exhibits and speakers offering tips to help women be their healthy best.

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 www.baptisthealth.net.



WOMEN'S HEALTH RESOURCE CENTER PROGRAMS

The following programs are planned this fall 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 **800-535-1569**.) Check out our calendar for these and other programs at www.baptisthealth.net.

OCTOBER, NOVEMBER & DECEMBER WOMEN'S HEALTH RESOURCE CENTER

8950 North Kendall Drive, Suite 105

(In Spanish) Facing Change: Navigating the Ups and Downs of Menopause, Thurs., Oct. 1, 7-8 p.m., gynecologist Zulma Berrios, M.D. Call **786-596-3814**.

Take Control of Your Cholesterol, Thurs., Oct. 29, 7-8 p.m., family practitioner Hanif Williams, M.D.

(In Spanish) Diabetes and Your Diet, Mon., Nov. 9, 7-8 p.m., dietitian and diabetes educator Mercy Molina. Call **786-596-3814**.

Interpreting Your Dreams: What Your Inner Voice Is Telling You, Tues., Nov. 17, 7:30-8:30 p.m., psychologist Roslyn Pass, Ph.D.

Don't Die for Love: Stop Domestic Violence. A bilingual domestic abuse counselor from Safespace South is available to help women who are being physically, emotionally or sexually abused in the home. Fridays, Oct. 2, Nov. 6 & Dec. 4, 11 a.m.-2 p.m. Call **786-596-5981**. Free.

Holiday gift drive to benefit Safespace South from Nov. 2 to Dec. 18. Call **786-596-3812** for more information.

Support Groups

Resolve, a support group for those experiencing infertility, Mondays, Oct. 19, Nov. 16 & Dec. 21, 7-9 p.m.

Your Bosom Buddies, a breast cancer support group, Thursdays, Oct. 15, Nov. 19 & Dec. 17, 7-8:30 p.m.

The ParkOptimists, a support group for those with Parkinson's disease, Fridays, Oct. 9, Nov. 13 & Dec. 11, 7-8 p.m.

Gluten-free in South Florida, a support group for patients and family members of those who suffer from celiac disease or dermatitis herpetiformis, Mondays, Oct. 5, Nov. 2 & Dec. 7, 7-9 p.m.

Breast-feeding Discussion Group, 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

Help for Arthritis, Fri., Oct. 2, 1-2 p.m., rheumatologist Santiago de Solo, M.D.

(In Spanish) The War on Facial Wrinkles, Tues., Oct. 13, 7-8 p.m., cosmetic surgeon Andres Bustillo, M.D. Call **786-596-3814**.

(In Spanish) How to Stay Safe This Holiday Season, Tues., Nov. 3, 7-8 p.m., City of Doral Police Department Sgt. Jose Trigo. Call **786-596-3814**.

How to Avoid Holiday Weight Gain, Fri., Nov. 6, 1-2 p.m., registered dietitian Natalie Romero.

BAPTIST MEDICAL PLAZA AT WESTCHESTER

8820 Bird Road, Suite 400

Diagnosis and Management of Thyroid Disease, Mon., Oct. 5, 7-8 p.m., endocrinologist Neil Goodman, M.D.

(In Spanish) The Art of Staying Young With Movement Therapy, Wed., Oct. 7, 7-8 p.m., movement therapist Ana Miranda. Call **786-596-3814**.

(In Spanish) Arthritis: Stopping the Pain, Thurs., Nov. 12, 7-8 p.m., rheumatologist Margarita Garces, M.D. Call **786-596-3814**.

Happy for the Holidays: Coping With Life Changes, Thurs., Nov. 19, 1-2 p.m., Chaplain James Moon, Ph.D.

BAPTIST HEALTH RESOURCE CENTER AT INFORMED FAMILIES

2490 Coral Way, Second Floor

(In Spanish) Facts About Diabetes Management, Fri., Nov. 13, 1-2 p.m., diabetes educator Lory Gonzalez, R.N. Call **786-596-3814**.

(In Spanish) The Last Word on GERD (Gastroesophageal Reflux Disease), Mon., Nov. 16, 7-8 p.m., gastroenterologist Pedro Morales, M.D. Call **786-596-3814**.

DOCTORS HOSPITAL

5000 University Drive

Support Group

Gynecological Cancer Support Group, a free group for women. Tuesdays, Oct. 20 & Nov. 17, 5-6:30 p.m., Doctors Hospital, 2nd floor, conference room. Call **786-308-3824**.

HOMESTEAD HOSPITAL

Campbell Drive & SW 147 Avenue — Auditorium

Breast Health Event, Tues., Oct. 20, 6-9 p.m., cancer surgeon George Tershakovec, M.D., reconstructive surgeon Max Polo, M.D., and radiologist Maria Martinez, M.D.

Myths and Truths About Diabetes, Tues., Nov. 10, 7-8 p.m., diabetes educator Lois Exelbert, R.N.

SOUTH MIAMI HOSPITAL

U.S. 1 and SW 62 Avenue

The First Thing You Need to Know About Heart Disease: Men and Women Are Different, Tues., Oct. 6, 5:30-9 p.m., interventional cardiologist Stratego Castanes, M.D., cardiologist Abbe Rosenbaum, M.D., and heart surgeon Lynn Seto, M.D.

Maintaining Your Best Breast Health: A Guide for Women, Wed., Oct. 14, 6:30-8 p.m., breast surgeon Gladys Giron, M.D.

ONGOING PROGRAMS

Osteoporosis screenings available by appointment. Fee \$15. Call **786-596-3812** for available dates and locations.

Women's Advisory Council

Mona Ignatz Adams, Barbara Calev, 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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