

# COMMUNITY EDUCATION

Discussions and screenings about health and wellness  
presented by some of the country's most respected experts  
from Barnes-Jewish Hospital and Washington University Physicians.



NATIONAL LEADERS IN MEDICINE

## Siteman Cancer Center

### Mammography Van

The Siteman Cancer Center Mammography Van, the only van in the area containing digital equipment, will be at the following locations to screen women for breast cancer.

#### Monday, February 14

Kirkwood Family YMCA  
325 N. Taylor, 63122

#### Thursday, February 17

Cross Keys Schnucks  
13987 New Halls Ferry Rd., 63033

#### Monday, February 28

Webster Groves YMCA  
226 E. Lockwood, 63119

#### Wednesday, March 2

Mid Rivers Schnucks  
577 Mid Rivers Mall Dr., 63376

#### Thursday, March 3

Ladue Schnucks  
8867 Ladue Rd., 63124

#### Tuesday, March 8

Wildwood YMCA  
2641 Highway 109, 63040

The fee will be billed to the patient, her insurance company, or Medicare. Mammograms are also available at no cost to women with limited insurance or no insurance. To schedule an appointment call 314-TOP-DOCS.

### Women's Wellness Weekend

*Women's Wellness Weekend is a YMCA Trout Lodge partnership with Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine.*

Join us for a weekend of instructional and entertaining classes designed to help women start the 2011 year off right. Participants can sign up for a wide variety of instructional classes including salsa dancing, digital photography, meditation techniques and so much more! Grab the girls, and head to Trout Lodge for this exhilarating and rejuvenating weekend. To find out more information about the weekend, and to register, please visit [www.ymcaoftheozarks.org/WomensWellness](http://www.ymcaoftheozarks.org/WomensWellness)

#### February 25 – 27

Trout Lodge  
13528 State Hwy AA  
Potosi, MO 63664

## Heart & Vascular

### Healthy Weights

*Dotti Durbin & Kim Milford, RD, LD,  
Certified Diabetes Educators*



Life-long weight management means making the right choices. In this 10-week course, you will learn why you make the choices you do and how good nutrition and active living can help you achieve a healthier weight and lifestyle. You will have an individual visit with a registered dietitian and participate in weekly classes where you will receive the tools to help you plan, track and succeed. Cost is \$380 per person. Call 314-TOP-DOCS to register.

#### 10-Week Class options:

**Mondays, February 21 – April 25**  
9-10 a.m.

or

**Wednesdays, February 23 – April 27**  
5:30-6:30 p.m.

The Heart Care Institute in West County  
Medical Office Building #3  
1020 N. Mason Road  
Creve Coeur, MO 63141

## Diabetes

### Take Steps to Prevent Diabetes

*Dotti Durbin, RD, LD,  
Certified Diabetes Educator*

Free diabetes prevention classes intended for those who have been diagnosed with prediabetes by a physician. Participants will attend two (2-hour) sessions and will learn strategies to prevent type 2 diabetes, including healthy food choices, exercise, and goal setting for weight management. Must attend class #1 prior to class #2. Call 314-TOP-DOCS to register.

**Two Wednesdays, March 2 & 3**  
9-11a.m.

The Heart Care Institute in West County  
Medical Office Building #3  
1020 N. Mason Road  
Creve Coeur, MO 63141

## Washington University School of Medicine's Mini-Medical School I and II

Come learn about medicine in eight informative and enjoyable sessions taught by the Washington University faculty covering topics from Alzheimer's Disease to Cochlear Implants, from Hip Replacement to Aortic Dissection, from Emergency Medicine to Prostate Cancer, and much more. Hands-on Suture and Anatomy Labs, CPR certification and Physical Therapy Lab, tours, syllabus and dessert are all included. Tuition is \$150 and class size is limited. You may register online at <http://minimed.wustl.edu> or call 314-362-6585.

**MMS I: Tuesdays, March 22 - May 17**  
7-9 p.m. (no class Apr. 19)

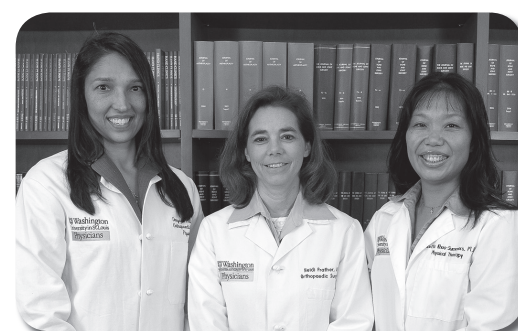
**MMS II: March 24 - May 12**  
7-9 p.m.

Eric P. Newman Education Center  
320 S. Euclid Ave.  
St. Louis, MO 63110

## Orthopaedics

### A Performing Arts Medicine Seminar: Focus on Spine Health "Get Your Back in Action"

*Heidi Prather, DO, Devyani Hunt, MD and  
Lynnette Khoo-Summers, PT, DPT*



Musicians, dancers and actors – join us for an interactive workshop presented by the Medical Program for Performing Artists in the Department of Orthopaedic Surgery and the Program in Physical Therapy at Washington University. We will discuss how to prevent injuries to the neck and back by demonstrating proper body mechanics and exercises. Other treatment modalities including massage and acupuncture will be reviewed. The cost is \$10 which includes educational materials and light refreshments. Space is limited. To register or for more information, call 314-514-3552 or you can register online by credit card at [www.wustl.edu/etransact](http://www.wustl.edu/etransact) then click on Performing Artist Workshop.

#### Tuesday, April 19

6:30-8:15 p.m.

Washington University Orthopedics / Barnes-Jewish Hospital  
14532 South Outer Forty Drive  
Chesterfield, MO 63017

## Platelet Donation

Every day, cancer, cardiac and organ transplant patients run the risk of excessive bleeding which can lead to death. By donating platelets, the blood cells that prevent bleeding, you can help save their lives. The collection process is called pheresis and donations are needed frequently as these donated blood cells only have a shelf life of five days. Donors 17-years-old and older can safely give as frequently as every two weeks. The entire donation, from completing a health history to donating the platelets to having refreshments, takes about 90 minutes, though first-time donors may take longer to complete the pre-donation evaluation. Call 314-362-1253 or email us at [BJHPHERESIS@BJC.ORG](mailto:BJHPHERESIS@BJC.ORG) to schedule an appointment. For more information visit [www.barnesjewish.org/pheresis](http://www.barnesjewish.org/pheresis)

#### Two locations:

Barnes-Jewish Hospital  
4921 Parkview Place, Suite 4E  
St. Louis, MO 63110

Barnes-Jewish Hospital  
Pheresis Center West  
969 Mason Road, Suite 230  
St. Louis, MO 63141



If not specified, programs are free-of-charge. For more information or for help finding a primary care doctor or specialist, call 314-TOP-DOCS (314-867-3627) or toll-free 866-867-3627.