

April 8, 2008

Alzheimer's Disease—A Family Affair

Most people hope to age safely and comfortably in their own home. This hope is no different for those managing Alzheimer's Disease. Many Alzheimer's patients can safely stay in their own homes for a period of time, but eventually care for the Alzheimer's patient falls to family members. On average, Alzheimer's patients live from eight to ten years after they are diagnosed, though some people may live with Alzheimer's for as many as 20 years. Most often, spouses and other family members provide the day-to-day care for people with Alzheimer's. As the disease gets worse, people often need more and more care. This can be hard for caregivers and can affect their own physical and mental health, family life, job, and finances. This seminar will provide information about support groups, services, and publications about Alzheimer's.

April 15, 2008

A Guidebook to Breast Health

A radiologist specializing in mammogram and a general surgeon are included in a panel that will share the latest information on the detection and treatment of disorders affecting the breast, especially cancer. Panel members will discuss signs and symptoms of diseases affecting the breast, and diagnostic and treatment options available locally. The session will provide a comprehensive overview with plenty of time to ask questions.

April 22, 2008

Chronic Pain—The Pain is Real

While acute pain is a normal sensation triggered in the nervous system to alert you to possible injury and the need to take care of yourself, chronic pain is different. Chronic pain persists. Pain signals keep firing in the nervous system for weeks, months, even years. There may have been an initial mishap—sprained back, serious infection—or there may be an ongoing cause of pain—arthritis, cancer, ear infection—but some people suffer chronic pain in the absence of any past injury or evidence of body damage. Many chronic pain conditions affect older adults. Common chronic pain complaints include headache, low back pain, cancer pain, arthritis pain, neurogenic pain (pain resulting from damage to the peripheral nerves or to the central nervous system itself), and psychogenic pain (pain not due to past disease or injury or any visible sign of damage inside or outside the nervous system). Learn the latest in the treatment, prognosis, and research on this very real problem.

Note: Health screenings and therapeutic demonstrations will be offered in conjunction with some of these programs. Watch the local newspaper or call the reservation number for details.

For More Information
For more information concerning the
Mini Medical School, please contact:

Office of Continuing Education
Indiana State University
Terre Haute, Indiana 47809
812-237-4011 or 1-800-234-1639

Thirteenth
Annual

Mini Medical School

February-April 2008

Sponsored by:

Affinity Stress Center
AP&S Clinic
Hamilton Center, Inc.
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Providence Medical Group
Terre Haute Regional Hospital
Union Hospital
West Central Indiana AHEC

Mini Medical School Mission

The mission of the Mini Medical School is to provide an interactive forum free of charge to discuss medical training, medical procedures, current medical news, and medical concerns of the public.

Session Format

Speakers will appear as a panel of health care professionals. The panels for each session will be composed of physicians and other health care specialists typically involved in the diagnosis and treatment of the symptom or condition under discussion. Speakers will present a comprehensive picture of how symptoms lead to a diagnosis and how the initial diagnosis is distinguished from other diseases that share similar symptoms. Following a 40 to 50 minute panel presentation and a refreshment break, a moderator will present questions from the audience relating to the evening's topic. The forum is not intended to provide diagnosis of specific disease concerns of the public, but to suggest paths needed for consumers to resolve their medical questions.

Location and Time

All sessions will be held from 6:30-8:30 p.m. at the Landsbaum Center for Health Education located at 1433 North 6 1/2 Street, Terre Haute, Indiana.

Cost and Enrollment

There is no charge for the Mini Medical School. Reservations are recommended, as seating is limited. To reserve a space call the Office of Continuing Education at Indiana State University, 812-237-4011, or 1-800-234-1639.

Topics for 2008

February 5, 2008

Pandemic Influenza—Preparing to Survive the Next Pandemic

A pandemic is a global disease outbreak. A flu pandemic occurs when a new influenza virus emerges for which people have little or no immunity. The disease spreads easily person-to-person, causes serious illness, and can sweep across the country and around the world in a very short time. An especially severe influenza pandemic could lead to high levels of illness, death, social disruption, and economic loss because so many become seriously ill at the same time. Impacts can range from school and business closings to the interruption of basic services such as public transportation and food delivery.

Learn what you can do to prepare for a flu pandemic and to protect your health and the health of your loved ones.

February 19, 2008

Sweet Heart—The Effects of Diabetes on You

According to the American Diabetes Association, two out of three people with diabetes die from heart disease and stroke. Diabetes management is more than control of blood glucose. You must also manage blood pressure and cholesterol. In this session two physicians and a certified nutrition specialist will present information on how diabetes affects your heart and how you can prevent heart attack and stroke.

February 26, 2008

Integrative Medicine—Medicine Outside the Box

Integrative medicine is a growing field in which healthcare providers combine mainstream medical therapies and complementary and alternative therapies for which there is some high-quality scientific evidence of safety and effectiveness. Combining the discipline of modern science with the wisdom of ancient healing, integrative medicine allows the provider and patient to address the emotional, social, and spiritual needs of patients and families. In treating disease, however, these complementary therapies are not to be substitutes for mainstream medical care; they are to be used in concert with medical treatment to help alleviate stress, reduce pain and anxiety, manage symptoms, and promote a feeling of well-being. Integrative medicine may also be valuable to those who are not ill but wish to increase self-awareness, enhance well-being, and help prevent health-related problems.

March 4, 2008

Lead Poisoning—Enemy in Our Homes

Although lead is no longer used in most products, lead pipes and deteriorated lead-based paint in older homes are common sources of lead poisoning in American children. Although adults are also at risk, babies and young children are especially susceptible to lead exposure because they have a tendency to put objects, such as toys, in their mouths. They may eat or chew paint chips, or their hands or other objects placed in their mouths may be contaminated with lead dust. Although lead exposure can affect any child, those who are most at risk are children who live in older housing. Adults most at risk are those who breathe in lead dust while remodeling a home, work on certain jobs with lead exposure, or engage in a hobby like working with stained glass or refinishing furniture. Consequences of

lead poisoning are serious and long-term. This seminar will discuss the risk factors, screening techniques, treatment, and prevention of this silent but dangerous type of poisoning.

March 11, 2008

Chronic Obstructive Pulmonary Disease—Catching Your Breath

Chronic obstructive pulmonary disease, or COPD, includes conditions that make people breathless because of obstructions of airflow in and out of the lungs. Chronic bronchitis and emphysema are types of chronic obstructive pulmonary disease and are usually progressive and irreversible in nature. Asthma, also a pulmonary disease that obstructs the flow of air out of the lungs, is, unlike chronic bronchitis and emphysema, usually reversible. Panel members will discuss who is at risk for COPD and what you can do to improve the quality of life for those living with this debilitating disease.

March 18, 2008

Drug Addictions—The Total Picture

Want to hear some alarming statistics? The federal government believes that there are nearly 1,000,000 people in America addicted to opiates. Over 2,000,000 are chronic users. One in ten teens has used prescription drugs to get high. Marijuana is up to five times stronger than it was in the 1960s and 1970s. A person who uses alcohol before age 15 is four times more likely to develop a dependence on alcohol than someone who waits until age 21 to begin drinking. During the latter part of the 1990s, Americans used 20 metric tons of methamphetamine and use is increasing. Sobering? Learn how drugs are affecting our homes, communities, and country and what you can do to help stem the tide.

March 25, 2008

Stress—The Wear and Tear on Your Body

Stress is difficult for scientists to define because it is a subjective sensation associated with varied symptoms that differ from person to person. In addition, stress is not always a synonym for distress. Increased stress increases productivity—up to a point. When that point is reached, however, things rapidly deteriorate. Each person's maximum stress point differs. Stress or tension is much like what happens with a violin string; not enough produces a dull raspy sound and too much an irritating screech or snaps the string. Finding the correct degree of stress creates a beautiful tone. Learn how to utilize and transform stress so that it will make you more productive and less self-destructive.