

Lumbar Spinal Stenosis: Diagnosis and Treatment Options

Thursday, March 4, 5pm
Ptak Orthopaedic and Neuroscience Pavilion, Conference Center, Room 114
Richard Pigeon, MD, Orthopaedic Surgeon

Learn about the causes of lumbar spinal stenosis, how it is diagnosed and the nonsurgical and surgical treatment options.

Snacks and refreshments will be served.

Digestive Disorders: A Look at the Inside Story

Thursday, March 4, 6pm
Morton Plant Mease Palm Harbor Wellness Center
Eric Steckler, MD, Gastroenterologist

Join us for an overview of the most common digestive disorders and get a better understanding of how the digestive tract functions. Find out symptoms of digestive disorders and the potential risk factors, as well as diagnostic and treatment options. This will be an open forum for attendees to ask specific questions about gastrointestinal issues.

Snacks and refreshments will be served.

New Advances for Treating Rotator Cuff Injuries

Monday, March 8, Noon
Ptak Orthopaedic and Neuroscience Pavilion, Conference Center, Room 114
David P. Thompson, MD, Orthopaedic Surgeon

Rotator cuff injuries of the shoulder are fairly common and can be caused by falling, lifting and repetitive arm movements during activities such as sports, gardening and working overhead. Find out about the latest treatments for rotator cuff injuries with arthroscopic surgery and its benefits in comparison to open surgery, including quicker recovery time and faster return to everyday activities.

A light lunch will be served.

Surgical Weight Loss Information Session

Wednesday, March 10, 6pm
Mease Dunedin Hospital, Meeting Room 3
John Paul Gonzalvo, DO, General Surgeon

Wednesday, March 17, 5:30pm
Bardmoor Medical Arts Building, Conference Center, Room 120
Rick Gordon, MD, General Surgeon

Wednesday, March 24, 6pm
Morton Plant Mease Outpatient Center, Community Room
Theodore Small, MD, General Surgeon

Have you been unsuccessful at diet and/or exercise programs and do you have other significant obesity-related health conditions such as diabetes, high blood pressure, osteoarthritis, sleep apnea or GERD? Have all your questions and concerns addressed regarding weight loss surgery, including gastric bypass and LAP-BAND® procedures.

New Cataract Surgery Technology: How You Can Rid Yourself of Glasses for Good

Thursday, March 11, Noon
Bardmoor Medical Arts Building, Conference Center, Room 120
Scott Behler, MD, Ophthalmologist

The latest cataract surgery technology will be discussed including the new lens replacement options that are now available such as Restor®, Crystalens®, ReZoom® and Tecnis® brand lenses. These lenses can reduce or eliminate the need for glasses for distant, intermediate and near vision. If you're considering cataract surgery, come to this lecture and learn about lens replacement technology that is necessary to make the best choice for your vision.

A light lunch will be served.

Menopause, Osteoporosis and Hormone Replacement Therapy

Wednesday, March 17, Noon
Bardmoor Medical Arts Building, Conference Center, Room 120
Amber Stephens, MD, Family Practice

Learn about what happens during menopause, the different types of Hormone Replacement Therapies (HRT) available on the market (including Bio-identical Hormone Therapy), and the risk for osteoporosis in postmenopausal women.

A light lunch will be served.

AWAKE Sleep Disorders Support Group: Stroke and Sleep Apnea

Wednesday, March 17, 6pm
Mease Countryside Hospital, Meeting Rooms 1-2
Stuart Sinoff, MD, Neurologist

Listen to This Before Buying a Hearing Aid (with free hearing screening)

Wednesday, March 24, 2pm
Ptak Orthopaedic and Neuroscience Pavilion, Conference Center, Room 114
Alan C. Sutherland, AuD, Audiologist

Find out what you should do when seeking help for hearing problems, what is involved in hearing testing and how hearing aids may help you. Free hearing screenings will be offered following the lecture.

Innovations in the Treatment of Hip Pain: Hip Arthroscopy

Thursday, March 25, Noon
Morton Plant Mease Outpatient Center, Community Room
Jennifer Swaringen, MD, Orthopaedic Surgeon

Learn about the latest treatments for hip pain using arthroscopy. This lecture will cover topics including causes of hip pain, diagnostic tests used in patients with hip pain and what makes a person a good candidate for arthroscopic hip surgery. The benefits of hip arthroscopy will be discussed, including pain relief associated with this minimally invasive, outpatient surgery.

A light lunch will be served.

New Minimally Invasive Technologies in Spinal Surgery

Friday, March 26, Noon
Bardmoor Medical Arts Building, Conference Center, Room 120
Andrew C. Messer, MD, Orthopaedic Surgeon

In recent years, new technologies have been developed that enable spinal surgery to be performed with smaller incisions, fewer complications and shorter hospital stays. Learn about these techniques, as well as how they might apply to your spinal problem.

A light lunch will be served.

Silence the Nightmare of Snoring

Tuesday, March 30, 6:30pm
Upper Tampa Bay Regional Library, Community Room
Randall Latorre, MD, Otolaryngologist

Snoring may be the initial sign of obstructive sleep apnea, and 25 percent of the population are habitual snorers. Find out the symptoms, causes and the risks for the potentially serious health problems associated with obstructive sleep apnea. The standard plan of care from diagnosis to treatment options will also be discussed.

Snacks and refreshments will be served.

Bunions: What to Do About My Crooked Toe?

Wednesday, March 31, Noon
Ptak Orthopaedic and Neuroscience Pavilion, Conference Center, Room 114
Thomas E. Odmark, MD, Orthopaedic Surgeon

A bunion, otherwise known as hallux valgus, is a common deformity of the foot. Bunions vary in severity and may progressively become worse. Find out how bunions occur and how they are treated.

A light lunch will be served.

Diabetes Series

Diabetes Series: Athletes With Type 1 Diabetes — An Inspirational Story

Thursday, March 4, 10am
Bardmoor Medical Arts Building, Conference Center, Room 120

Join Leigh Seymour, manager of Morton Plant Mease Diabetes Education Center, along with special guest Robert Schrank, manager of Team Type 1 Elite Team. He will be sharing his story of managing his type 1 diabetes while competing as a professional bicycle racer.

Diabetes Series: Medication Treatment of Diabetes

Wednesday, March 10, 10am
Mease Countryside Hospital, Meeting Rooms 1-3
Sanford Plevin, MD, Endocrinologist

Locations

BARDMOOR MEDICAL ARTS BUILDING
8839 Bryan Dairy Road, Largo

MEASE COUNTRYSIDE HOSPITAL
3231 McMullen Booth Road, Safety Harbor

MEASE DUNEDIN HOSPITAL
601 Main St., Dunedin

**MORTON PLANT MEASE
OUTPATIENT CENTER**
2102 Trinity Oaks Blvd., Trinity

**MORTON PLANT MEASE PALM HARBOR
WELLNESS CENTER**
32672 U.S. Highway 19 N., Palm Harbor

**PTAK ORTHOPAEDIC AND
NEUROSCIENCE PAVILION**
Morton Plant Hospital
430 Morton Plant St., Clearwater

UPPER TAMPA BAY REGIONAL LIBRARY
11211 Countryway Blvd., Tampa

Call (727) 953-6965 or visit us at BayCare.org to make reservations or for more information.