

## To Register

Call 1-800-4-EXETER (1-800-439-3837)  
or register via the on line calendar at  
[www.exeterhospital.com](http://www.exeterhospital.com)

## Starting Times

All presentations begin at 7:00 p.m.

## Location

**Exeter Hospital  
North Conference Rooms**  
5 Alumni Drive  
Exeter, NH 03833

## Donations

A \$5 donation is requested and will be used  
in support of HealthReach community  
outreach programs.

## Continuing Education

1.8 contact hours will be awarded to health  
care professionals in attendance.

## Acknowledgements

This community lecture series is a collaborative  
effort between HealthReach of Exeter Hospital  
and the Exeter Region Cooperative School  
District.

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H E A L T H R E A C H

*5 Alumni Drive  
Exeter, New Hampshire 03833*

**Community Partners in Wellness**

1-800-4-Exeter (1-800-439-3837)  
Fax: (603) 580-6991  
Email: [Healthreach@ehr.org](mailto:Healthreach@ehr.org)  
[www.exeterhospital.com](http://www.exeterhospital.com)



H E A L T H R E A C H

*5 Alumni Drive  
Exeter, New Hampshire 03833*

# T.Elliott Young Health & Wellness Lecture Series

*Fall 2007*



H E A L T H R E A C H

*Community Partners in Wellness*

*A Program of Exeter Hospital*

## SEPTEMBER

**TUESDAY, SEPTEMBER 11**

### THE “NO SPIN” ON VERTIGO, DIZZINESS AND BALANCE DISORDERS

When your whole world is spinning, your entire life is interrupted. The simple act of turning your head or getting out of bed often feels impossible. Dizziness, lightheadedness, and imbalance are associated with a condition known as vertigo. It might surprise you to learn that vertigo is one of the most frequent health disorders reported by adults. Fortunately, recent research has improved the ability to identify and treat different types of dizziness. Our presenters will offer their multi-disciplinary team approach to the diagnosis and treatment of dizziness and balance disorders. Before you know it, you'll be standing on solid ground again.

*Presenters:* **Taraneh Azar**, MD, Comprehensive Otolaryngology, Core Physician Services; **Sally Fodero**, AuD, NH Hearing & Balance, Stratham; **Christie Hudson**, MSPT, Comprehensive Outpatient Rehab Services, Exeter Hospital

**TUESDAY, SEPTEMBER 25**

### RAISING A HEALTHY EATER IN A JUNK FOOD WORLD

Developing healthy eating and exercise habits early in life is essential for overall health and well-being. However, in our fast-paced world kids often eat on the run, presenting a challenge when trying to make healthy food choices. Believe it or not, there are creative ways to bring healthy eating and exercise into our kids' lives. Eileen Granahan, MD, will provide the latest information on the impact nutrition has on the long-term health of our children. The good news is that small changes often make a huge difference. Our nutritionist, Jane Hackett, will demonstrate easy ways to make healthy food tasty and appealing to children, and will provide samples and recipes. Our exercise physiologist, Cara Whittum, will help you discover how fun and easy it is to get the whole family up and moving!

*Presenters:* **Eileen Granahan**, MD, Exeter Pediatric Associates, Core Physician Services; **Jane Hackett**, MA, RD, CDE, LD, Outpatient Nutrition, Exeter Hospital; **Cara Whittum**, BS, CES, Exercise Physiologist, Cardiac Rehab, Exeter Hospital

## OCTOBER

**TUESDAY, OCTOBER 9 — 6:30 PM**

### GET JOINT PAIN OFF YOUR MIND: OSTEOARTHRITIS CAUSES AND TREATMENT

Do you believe that achy joints are something you simply have to learn to live with? That stiff knees or swollen fingers are just part of the aging process? Research indicates that 50% of those with arthritis believe there is no relief for their discomfort. Not so! There are actually a wealth of treatment options available, ranging from exercise to medication, to joint replacement surgery. Daniel Kunz, DO, will discuss arthritis and focus on the wide range of leading-edge medications and treatments available today. Thomas McGovern, MD, will describe the causes and symptoms of arthritis. In addition, he will discuss the newest, most innovative surgical procedures used to combat joint disease. You CAN live a vigorous life once you “get joint pain off your mind!”

*Presenters:* **Daniel Kunz**, DO, Fellowship Trained Rheumatologist and **Thomas McGovern**, MD, Fellowship Trained Orthopaedist, Joint Replacement, Orthopaedic and Arthritis Care Center, Exeter Hospital

**TUESDAY, OCTOBER 23**

### LISTEN TO YOUR GUT!

Do you experience unexplained gas, bloating, or fatigue? Do your joints ache? Do you have muscle cramps? You may have an under-diagnosed or misdiagnosed condition called celiac disease. Approximately one out of every 133 Americans has this problem but, incredibly, 97% remain undiagnosed. Fortunately, your symptoms can disappear within days if you remove gluten, a protein found in wheat, rye, and barley, from your diet. Marylyn Grondin, MD, will enlighten us about the many surprising and even silent symptoms of gluten sensitivity. Our nutritionist, Jane Hackett, will share her expertise about how to manage a gluten-free diet. Don't miss this opportunity to take the mystery out of this often elusive disease.

*Presenters:* **Marylyn Grondin**, MD, Seacoast Gastroenterology, Exeter; **Jane Hackett**, MA, RD, CDE, LD, Outpatient Nutrition, Exeter Hospital

## NOVEMBER

**TUESDAY, NOVEMBER 13**

### SUPERMOM SYNDROME

Trying to juggle the responsibilities of work, home and children? Do you wonder how some moms seem to be able to do it all? Looks can be deceiving. Our culture often sends unrealistic messages about what makes someone an ideal mother. Most moms struggle daily to find life balance, so take heart — you are not alone! Renowned author Kathleen Kendall-Tackett, Ph.D., will discuss the hidden feelings about the motherhood experience. Her words of wisdom will encourage you to be gentle with yourself and to embrace strategies for making positive life changes. Wherever you are in your parenting journey, this lecture is for you.

*Presenter:* **Kathleen Kendall-Tackett**, Ph.D., IBCLC, Research Associate Professor of Psychology, UNH

**TUESDAY, NOVEMBER 27**

### THE AUTISM SPECTRUM: RECOGNITION, TREATMENT, HOPE!

If you don't know a child with Autism, chances are you soon will. A 2007 Centers for Disease Control report found that one in 150 children in America today have an Autism Spectrum Disorder. But what causes a child to begin to show signs of regression after appearing to be on a typical developmental path? Some say it is an environmental “trigger,” while others believe childhood vaccinations may be the culprit. Richard Guare, Ph.D., will lead an in-depth discussion of what Autism is and, just as important, what it is not. Augmenting Dr. Guare's discussion will be pediatric rehabilitation specialists who will provide practical strategies to use with children who have been diagnosed with Autism Spectrum Disorder.

*Presenters:* **Richard Guare**, Ph.D., Director, Center for Learning and Attention Disorders, Seacoast Mental Health Center, Portsmouth; **Pediatric Rehabilitation**, Exeter Hospital