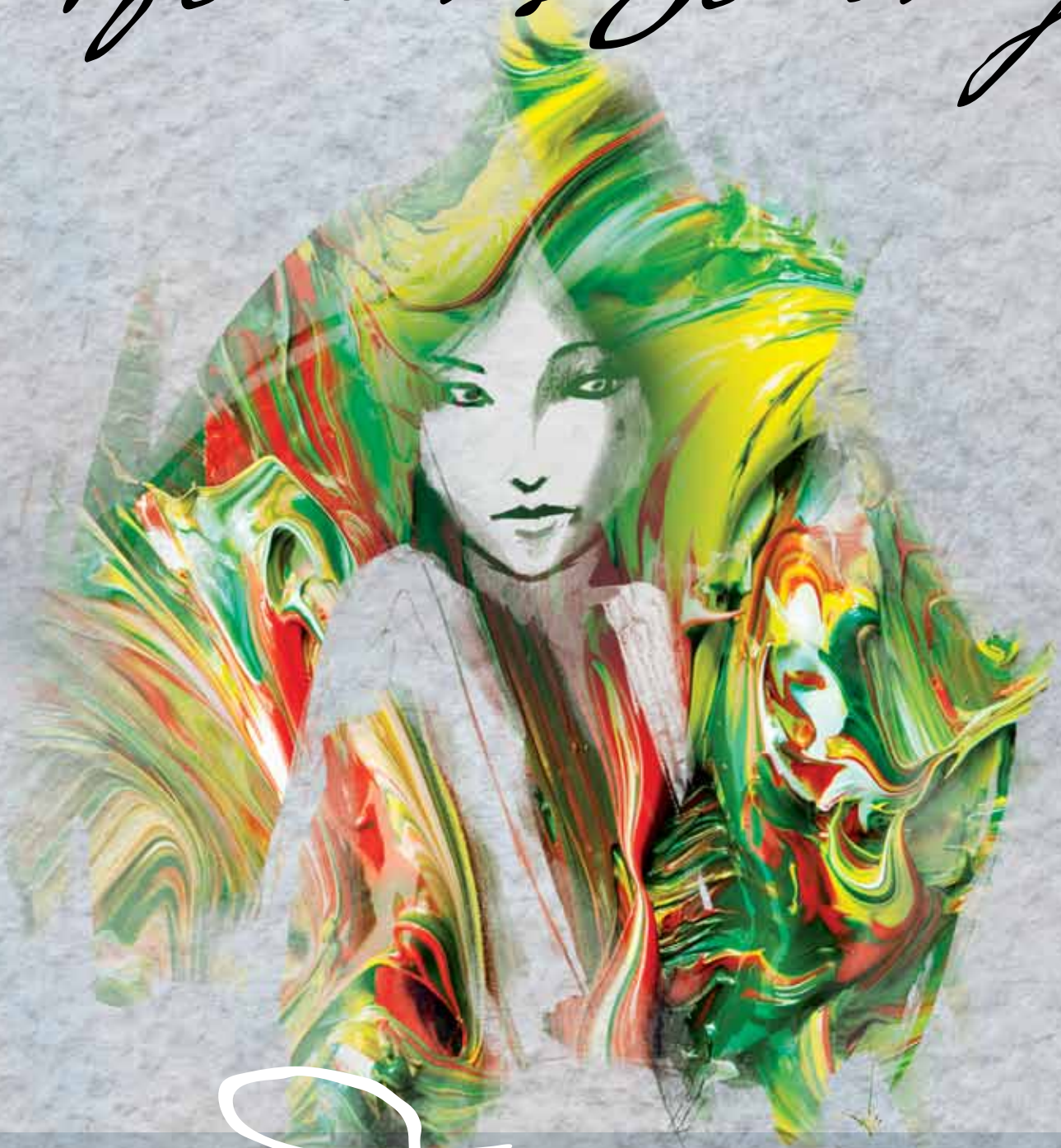


A Woman's Journey[®]



one Day

that could change the course of all others.

Seize this rare opportunity to learn about a wide variety of women's health issues from renowned Johns Hopkins physicians and faculty.

A Woman's Journey[®]

Dear Friends,

We are so pleased to invite you to attend *A Woman's Journey*, a very special exclusive briefing about women's health, featuring physicians from Johns Hopkins, the nation's top ranked hospital. Medicine is changing and so are we. When we first brought *A Woman's Journey* to our Palm Beach community five years ago, who could have imagined all the discoveries that may influence our lives: personalized cancer treatments, unique immune responses in women and the importance of vitamin D. These and other medical advances are changing our ability to influence our health as well as the way doctors diagnose and treat disease.

We need to harness this knowledge and personally make a difference for ourselves and our families. That's why we hope you will accept our invitation to come learn about new advances in medicine from Johns Hopkins Medicine's faculty physicians who are pioneers in their fields. This year's Johns Hopkins Medicine's women's health conference features 10 seminars that focus on preventing disease and preserving our health. The choices are vast; the information essential.

We know this is a busy season and hope you will make *A Woman's Journey* a priority. Please accept our invitation for this memorable morning and luncheon. Join us to learn about new medical discoveries, meet Johns Hopkins physicians, and take home lessons that will help you and your loved ones. Share this unique experience with your family and friends or come by yourself; either way, you'll be in great company.

We look forward to seeing you on **Thursday, January 19, 2012**, at the Palm Beach County Convention Center.

Sincerely,

Mollye Block

Mollye Block

Chair

Harriet Legum

Harriet Legum

Chair

Lee Callahan

Lee Callahan

Co-Chair

Susan G. Keenan

Susan G. Keenan

Co-Chair

Betsy Meany

Betsy Meany

Co-Chair

Susan Telesco

Susan Telesco

Co-Chair

Norma Kline Tiefel

Norma Kline Tiefel

Co-Chair



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Johns Hopkins Medicine invites you to share

A Woman's Journey[®]

Thursday, January 19, 2012

9:00 a.m. to 2:00 p.m.

Palm Beach County Convention Center
650 Okeechobee Boulevard • West Palm Beach

schedule of events

9:00 a.m.

Johns Hopkins Heart-Healthy Breakfast

9:15 a.m. – 10:15 a.m.

Plenary Session – *One Woman's Journey*

Laurie Singer, award-winning network television news producer and widow of journalist and ABC News *Nightline* executive producer Leroy Sievers, shares her inspiring tale as a caregiver who continues her husband's nationally acclaimed *My Cancer* blog, now known as *Our Cancer*.

10:30 a.m. – 11:30 a.m.

Select one of five seminars for Session I

11:45 a.m. – 12:45 p.m.

Select one of five seminars for Session II

1:00 p.m. – 2:00 p.m.

Lunch With the Faculty – *What You Eat Can Save Your Life*

Food is a powerful arsenal against disease. Eating the right foods may actually decrease our risk of developing diseases and offer healing properties. Join us for lunch as nutrition expert Lynda McIntyre serves up a menu of power foods and new strategies to maximize the benefits we can glean from eating.

For more information, please call 410.955.8660 or 561.659.1155,
visit www.hopkinsmedicine.org/awomansjourney,
or email us at awomansjourney@jhmi.edu



JOHNS HOPKINS
MEDICINE

seminar topics

Brain Trust

Body Parts

Anatomy of Aging

For Women Only

Living Well

Session 1 10:30 a.m. - 11:30 a.m.

Update on Stroke: A Woman's Disease

Neurologist Dr. Argye Hillis addresses the factors that increase the likelihood of suffering a stroke and the connection between a quick response time and reversal of symptoms. Dr. Hillis also discusses the role of medications and rehabilitation in stroke recovery.

BT1

Nothing to Sneeze At: New Options for Allergy Relief

Allergies can significantly affect a person's ability to function, let alone enjoy the Florida sunshine. Otolaryngologist Dr. Sandra Lin discloses some of the lesser-known protagonists and presents insights into current and future treatments to stifle allergies.

BP1

Bicycles, Brandy and Chocolate: Lessons from the World's Oldest Woman

Geriatrician Dr. Samuel C. Durso explores the history and lifestyle of the world's oldest-known woman, shares the lessons garnered from her lifetime and reveals physiologic changes as we age.

AA1

Crowning Glory

Hair loss can result from multiple causes, including age, heredity, hormonal abnormalities and medications. Facial plastic surgeon Dr. Lisa Ishii details the multiple causes of hair loss in women and reviews medical and surgical therapies that can be used to combat this cosmetic and troubling problem.

FWO1

Probiotics: A Little Organism Goes a Long Way

New claims about the purported benefits of probiotics are prolific. Gastroenterologist Dr. Linda Lee defines probiotics and clarifies their effectiveness in treating specific conditions, offers criteria for selecting the right probiotics for you, and explains why we all need a little flora.

LW1

Session 2 11:45 a.m. - 12:45 p.m.

All Things Remembered

Psychiatrist Dr. Constantine Lyketsos outlines the differences between normal changes in memory and those that are signs of dementias, including Alzheimer's disease. Discover medically based strategies to help preserve good memory as you age and new insights provided by ongoing research.

BT2

Eyes on the Future

Ophthalmologist Dr. Susan Bressler clarifies the two most frequent retinal causes of declining vision: age-related macular degeneration and diabetic retinopathy. Dr. Bressler portrays medical treatment options—including new discoveries—that may prevent further loss of vision and lead to renewed sight.

BP2

Pursuit of the Perfect Skin

Dermatologist Dr. Rebecca Kazin talks about age spots, moles, changes in the texture of our skin and how to protect ourselves from skin cancer as well as provides updated information regarding the use of creams, injectables and laser treatment designed to achieve a natural and enhanced image.

AA2

Hormones and Their Effects on Your Body

Endocrinologist, Dr. Adrian Dobs unravels the complexities of thyroid disorders, hormones in pre- and postmenopausal years, possible benefits and side effects of hormone replacement therapy, bio-identical hormones and the role of testosterone in women.

FWO2

Staying Healthy in a Toxic Environment

Toxicologist Dr. Thomas Hartung describes the effects of chemicals that we meet every day in the environment and in our food, and highlights new approaches to assess the risk and safety of chemicals and drugs.

LW2

program faculty

Susan B. Bressler, M.D.

The Julia G. Levy, Ph.D.
Professor
Department of Ophthalmology

Adrian Dobs, M.D., M.H.S.

Professor
Departments of Medicine and
Oncology

Samuel C. Durso, M.D.

Mason F. Lord Professor
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Health Sciences

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Evidence-based Toxicology

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Department of Dermatology
Medical Director,
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M.H.S.**

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Professor in Alzheimer's Research
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Chair, Department of Psychiatry
and Behavioral Sciences
Johns Hopkins Bayview Medical
Center

Lynda S. McIntyre, R.D., L.D.

Clinical Dietitian Specialist
The Johns Hopkins Hospital

Unless otherwise noted, all physicians are faculty members of the Johns Hopkins University School of Medicine.

host committee

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This list includes all members of the Host Committee as of July 31, 2011

For additional information, please call or write:

A Woman's Journey[®]

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