



HEALTH

STAY HEALTHY 101

TOPICS

A SERIES AIMED AT PREVENTING ILLNESS AND PROMOTING WELLNESS THROUGH EDUCATION



Holy Name
Medical Center

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The Center for Healthy Living Team



Linda Lohsen, BSN, RN, serves as the Director for the Center for Healthy Living at Holy Name Medical Center. She coordinates the Speakers Bureau for programs

within the hospital as well as community programs off-campus, and is herself a sought-after speaker on topics related to wellness throughout Bergen County. Ms. Lohsen received her Bachelor's degree in nursing from Wagner College in Staten Island. Her nursing career has included acute cardiac care, development and management of the Weight Control Center at Holy Name, and public health nursing in several Bergen County municipalities, including Teaneck, Ridgefield and Dumont. Ms. Lohsen recently became a Life Coach, focusing on helping individuals to achieve their personal wellness goals.



Nina Marie Alvarez, RN, is the newest member of the Center for Healthy Living staff. She received her Associate's degree in Nursing from Bergen Community

College in 2012 and will receive her Bachelor's degree from Seton Hall University in May 2014. She brings a passion for health education to the team and is active in community education programs throughout the community. In addition to assisting with overall program development, Ms. Alvarez serves as coordinator of the Hispanic Outreach Program.

STAY HEALTHY 101

The Center for Health Living at Holy Name Medical Center offers a wide range of activities designed to help you, your employees, your church or organization members, and your loved ones stay well. Holy Name physicians, advanced practice nurses, and other healthcare professionals partner with the Medical Center's Healthy Living staff to offer screening events, lectures, health fairs, support groups, workshops and health counseling on site at the Teaneck campus, as well as at community-based venues.

The Center's Stay Healthy 101 is a speaker series aimed at preventing illness and promoting wellness through education. To arrange for a talk at your organization by one of Holy Name's healthcare experts, please contact Linda Lohsen, BSN, RN, Director of the Center for Healthy Living:
Tel: 201-833-3000, ext. 7332
Email: lohsen@holyname.org

PROGRAM TOPICS AVAILABLE:

A Woman's Heart

Heart disease is the #1 killer of women, but many women do not know that they are at risk. Learn about risk factors and symptoms unique to women and lifestyle changes that you can make to improve your health.

Advance Directives

As much as we don't want to think about it, there may come a time in our future when we are no longer able to communicate our decisions concerning ourselves and our healthcare. Learn more about advance directives and how to start the conversation with your loved ones.

Antibiotics: Friend or Foe?

There was a time when antibiotics were the cure-all. However, antibiotic overuse has led to the emergence of drug resistant superbugs as well as wiping out the body's good bacteria. This leads to diseases that are difficult to treat and may, in fact, be life-threatening. Learn more about this emerging public health crisis and what you can do to protect yourself.

Are You Getting Your Zzzzzz's?

A good night's sleep is essential to your health and well-being, but there are many things that can interrupt your rest. A poor night's sleep can cause more than just fatigue. Some disturbances, like sleep apnea, can have serious health consequences. Learn more about specific sleep problems and how good sleep hygiene can help you get a good night's rest.

Brain Fitness

Just as we need to exercise our bodies, we also need to exercise our minds to keep them fit. Some research has shown that brain stimulation can help prevent age-related cognitive decline and can also improve normally functioning minds. Learn ways to engage all of your senses daily, and have some fun with brain teasers.

Breast Cancer – Are You at Risk?

Breast cancer is the second leading cause of cancer-related deaths in women; approximately one in eight will be diagnosed with some form of breast cancer. The good news is there are things a woman can do to reduce her personal risk for developing breast cancer and to make decisions concerning her health. Learn more about lifestyle choices and screening recommendations.

Chocolate: Divine Food, Fattening Junk or Nutritious Treat?

Originally known as Theobroma cacao (food of the gods), chocolate has a history dating back to ancient American civilizations. This talk will take a fun look at its history, as well as explore current knowledge of potential health benefits.

Coffee, Tea and You

Ninety percent of Americans consume caffeine every single day, making it America's most popular stimulant by far. How much do you know about this substance? Learn more about how caffeine affects you.

Colorectal Cancer Awareness

Colorectal cancer screening saves lives. If everyone aged 50 years or older were screened regularly, as many as 60% of deaths from this cancer could be prevented. Learn about aspects of colon health, as well as the tests that should be on your routine screening agenda.

Complaint-Free Living

When we complain, we are using our words to focus on things that are not as we would like. When we truly begin to notice our words, we begin to notice our thoughts. When we notice our thoughts, we can change and ultimately reshape our lives. Learn what you can do to move from a complainer to an optimist.

How Happy Are You?

Are you truly happy or just getting by? More importantly, do you think there is anything you can do to move from a merely pleasant life to a meaningful life? We will explore how discovering and applying your best qualities to your daily life can help you travel the path to fulfillment.

Immunizations:

You Never Outgrow the Need!

Vaccines are not just "kid stuff." Did you know that immunity can wane over time, leaving adults vulnerable to such diseases as whooping cough, pneumonia and shingles? Learn what immunizations are recommended to protect yourself and your loved ones (especially those who are immunocompromised or too young to be fully immunized).

Know Your Numbers

Risk factors for heart disease fall into two categories: those that can be changed and those that can't. Learn more about the tests that measure the controllable risk factors including blood pressure, cholesterol, and BMI, and lifestyle changes you can make to lower your risk.

Prevention of Food-Borne Illnesses

The United States has one of the safest food supplies in the world, but over 48 million cases of food-borne illnesses are reported annually. The young, elderly and immunocompromised are more at risk, yet everyone is susceptible. Learn about food-borne organisms that cause disease and the wide range of illnesses that can affect you.

Reminiscing

To reminisce is to indulge in enjoyable recollection of past events. Conducting this "life review" can increase one's sense of personal identity and meaning. Come take a trip down memory lane and learn how reminiscing can be good for your health.

Skin Cancer – Prevention and Screening Recommendations

Each year, more than one million Americans develop skin cancer. Fair-skinned people are particularly at risk. Learn about the types of skin cancer, what to look for on self-examination and suggestions for protecting yourself from UV light.

Stroke – Act F.A.S.T.

Stroke – sometimes called a brain attack – is a medical emergency. Immediate treatment can protect the brain and enhance chances for a successful recovery. Learn about a simple tool – F.A.S.T. – and how remembering it can help you take action for someone you care about.

Taking a Vacation from Stress

Even if your plans do not include a vacation away from home, it is still important to find ways to diminish everyday stresses. Although a certain amount of stress is necessary and even good for us, unrelieved stress in excess can have detrimental effects on almost all body systems. Learn simple things you can do to refresh your mind and find relaxation.

The Medicine of Laughter

One of the signs of overall well-being is the ability to maintain and enjoy one's sense of humor. Humor has many benefits: It actually causes us to produce hormones that elevate mood and promote healing, it gets us through tough times, and it helps us find more joy in life.

The Road to Wellness

Wellness has long been an admirable goal, but in recent years, health care has increasingly turned its focus to keeping people healthy in addition to caring for them when they are sick. Wellness involves more than just an absence of disease, and remaining healthy requires active participation on your part. Learn about steps you can take to maximize your health and your role in working with your healthcare professional.

THE FOLLOWING TOPICS MAY BE ARRANGED DEPENDING ON AVAILABILITY OF SPEAKERS:

- Cancer and Nutrition
- Psychological Effects of Cancer
- The Genetics of Cancer
- Fall Prevention
- Emergency Preparedness



About Holy Name Medical Center

Holy Name Medical Center is a fully accredited, not-for-profit healthcare facility based in Teaneck, New Jersey, with off-site locations throughout Bergen County. Founded and sponsored by the Sisters of St. Joseph of Peace in 1925, the comprehensive 361-bed medical center offers leading-edge medical practice and technology administered in an environment rooted in a tradition of compassion and respect for every patient. Holy Name provides high quality health care across a continuum that encompasses education, prevention, early intervention, comprehensive treatment options, rehabilitation and wellness maintenance—from pre-conception through end-of-life.



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718 Teaneck Road | Teaneck, NJ 07666
1-877-HOLY-NAME (465-9626) | HolyName.org