

## OBJECTIVES

- Discuss risk factors, diagnosis and treatment of osteoarthritis
- Discuss epidemiology, risk factors, preventative steps and medical treatment of osteoporosis
- Recognize patients expression of cancer fear
- List effects of fear on health
- Explain activities of body, mind, emotion and spirit that maximize health over fear
- Note how imagery works
- Differentiate four modes of imagery use to affect the body
- Enumerate quick aids to help a patient in a clinical setting
- Note mind instructions given to the immune, endocrine, and nervous system
- Identify problems with metabolism, discuss hormonal interactions of the body, counseling for basic metabolic changes with age
- and alternative for therapies for metabolic changes.
- Recognize functional imbalances as potential causes of Crohn's, Colitis, and IBS
- Understand rationale behind nutritional support as therapy for Crohn's, Colitis, and IBS
- Discuss dietary models as intervention for Crohn's, Colitis, and IBS
- Review food allergies and intolerances as related to Crohn's, Colitis, and IBS

## CREDITS

Safehealth, Inc. [www.safehealth-hsv.com](http://www.safehealth-hsv.com) is an approved provider of continuing nursing education in Alabama by the Alabama Board of Nursing. Approval status is valid through May 6, 2011. Provider Number: ABNP1025.

**Nursing Contact Hours: 8.0**

# Tennessee Valley Baptist Nursing Fellowship

Presents

2008

## WOMEN'S HEALTH CONFERENCE

for Healthcare  
Professionals

Saturday, August 16, 2008

7:30 a.m. - 4:30 p.m.



## AGENDA

Please join Tenn. Valley Baptist Nursing Fellowship for a one-day continuing education on clinical topics on Saturday, August 16, 2008.

Conference will be held at  
**HOSPICE OF THE VALLEY**  
**240 JOHNSTON ST. S.E. ~ DECATUR, AL**  
**256.350.5585**

7:30am-7:55am	Registration
7:55am-8:00am	Welcome
8:00am-9:00am	<u>Bone and Joint Health In Women – Osteoarthritis</u> James F. Gauthier, MD, MPH
9:00am -10:00am	<u>Bone and Joint Health In Women – Osteoporosis</u> James F. Gauthier, MD, MPH
10:00am-10:15am	Break & Exhibits
10:15am-11:15am	<u>Confronting the Fear of Breast Cancer</u> Elaine Plank, RN, COHN-S, CIGIG
11:15am-12:15p	<u>Connecting Body and Mind for Health</u> Elaine Plank, RN, COHN-S, CIGIG
12:15am-1:00pm	Lunch on your own
1:00pm-2:00pm	<u>Metabolic Changes in Women</u> Donald G. Aulds, MD, P.C.
2:00pm-3:00pm	<u>Hormonal Interactions in Women</u> Donald G. Aulds, MD, P.C.
3:00pm-3:15pm	Break & Exhibits
3:15pm-4:15pm	<u>Digestive Disorders – Crohn’s, Colitis, and IBS</u> Terry Wingo, RPH
4:15pm-4:30pm	Evaluations & Certificates

Attire for the conference is casual. You may want to bring a light sweater or jacket to ensure your comfort in the meeting room.

## SPEAKER INFORMATION

### **James F. Gauthier MD, MPH**

Dr. Gauthier is board certified in family and preventive medicine. He holds his masters in public health, bachelor of science and medical doctorate degrees. He is also a certified Medical Review Officer and is currently the medical director of Occupational Health Group in Huntsville, AL.

### **Elaine Plank, RN, COHN-S, CIGIG**

Mrs. Plank is the owner of Safehealth, Inc. in Huntsville, AL. She is a board certified occupational health nurse specialist and a certified interactive guided imagery guide. Elaine is the first healthcare provider to be certified by the Academy for Guided Imagery to provide Interactive Guided Imagery. In 2005 she was awarded U.S. Small Business Administration, Alabama Women in Business Champion.

### **Donald G. Aulds MD, P.C.**

Dr. Aulds specializes and operates his own OB/GYN practice in Huntsville, AL. He holds his bachelor of science in pre-med, completed his OB/GYN residency at Ochsner Medical Foundation and medical doctorate degree from Louisiana State University.

### **Terry Wingo, RPH**

Mr. Wingo is a compounding/natural pharmacist. He is the owner of Madison Drugs in Madison, AL. His business and practice is limited to Prescription compounding and natural product/consulting therapy. He holds his B.S. in pharmacy from Auburn University.

You must bring your nursing license number to receive credit for attending. Please present your number at sign-in for the seminar. The Alabama Board Of Nursing now requires that approved providers submit records of contact hours along with your nursing license number.

## REGISTRATION

Registration deadline for the Women’s Health Conference is Friday, August 15, 2008. Partial credit not awarded. No refunds after August 15, Confirmation of registration is not automatically sent to participants; feel free to e-mail [mobbsrn@hotmail.com](mailto:mobbsrn@hotmail.com) for confirmation.

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First Name, Last Name (required)

\_\_\_\_\_  
ABN License Number (required)

R.N. \_\_\_\_\_ L.P.N. \_\_\_\_\_ Other \_\_\_\_\_

\_\_\_\_\_  
Address

\_\_\_\_\_  
City State Zip

\_\_\_\_\_  
Phone and/or E-mail Address

Fee to attend Seminar: \$ 50.00

Day of Seminar: \$55.00

### **Method of Payment:**

Check \_\_\_\_\_ Cash \_\_\_\_\_

**Checks payable to: Tennessee Valley Baptist Nursing Fellowship**

Mail registration form and payment to:

Tennessee Valley Baptist Nursing Fellowship  
P.O. Box 352 ~ Trinity, Alabama 35673

**For more information, please call  
256. 345.1246**