



EISENHOWER HEALTH

Date	Time	Presenter	Topic	Topic Description
Wednesday, January 09, 2019	5:30 to 6:30 pm	Ankit Takyar, MD Internal Medicine Associate Physician	Keeping Your Body in Tip Top Shape	Join Ankit Takyar, MD , to learn the importance of lifestyle changes and their effects in helping to control hypertension, hyperlipidemia and diabetes. Learn what you can do to prevent the onset of potential illness – from receiving the appropriate health screenings to following a proper diet and exercise program. Dr. Takyar will offer the latest guidelines and recommendations for staying healthy.
Wednesday, January 16, 2019	5:30 to 6:30 pm	Ken Zaporinuk, DPT	Common Sources of Knee Pain and Current Interventions	Knee pain is an extremely common complaint. While unpleasant and frustrating, the upside is that knee pain is often a very treatable problem. Understanding the precise cause of your knee pain is key to you and your doctor formulating an effective treatment plan—one that optimizes the knee healing process. Join Kenneth Zaporinuk, Physical Therapist to learn about the anatomy of the knee joint, different types of pain and the different interventions available.
Wednesday, January 23, 2019	5:30 to 6:30 pm	Mark Dela Cruz, MD	Advanced Care Planning and Living Wills	Advance care planning is not just about old age. A medical crisis can strike at any age, leaving you too ill to make your own health care decisions. Even if you are not sick now, it is important to plan now to ensure you receive the medical care you want should you ever not be able to speak for yourself and doctors and loved ones are making decisions on your behalf. Please join Mark Dela Cruz, MD , for a thoughtful and informative discussion, with opportunities to ask questions, regarding advanced care planning and living wills, at any age.
Wednesday, February 06, 2019	5:30 to 6:30 pm	Mayu Roberts, MD	Living your best life; Confronting Depression and Anxiety	LGBTQ individuals are almost three times more likely than others to experience a mental health condition such as major depression or generalized anxiety disorder. The fear of coming out and being discriminated against can lead to depression, anxiety, post-traumatic stress disorder, thoughts of suicide and substance abuse. As a community, LGBTQ individuals may not feel comfortable talking about mental health or lack proper information about mental health conditions. This can prevent people from seeking the treatment and support that they need. Anxiety and depression can feel overwhelming, but you don't have to battle it alone. Join Dr. Mayu Roberts to learn how what you can do to begin living the life you desire now.



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Wednesday, February 13, 2019	5:30 to 6:30 pm	Brent Heinze, Family Therapist	Body Image & Body Dysmorphia	Please join guest lecturer Brent Heinze, MA for an interactive discussion about how body image can cause concerning impacts on self-esteem, connecting with others, and developing meaningful relationships. Develop methods to help reduce these effects, gain more confidence, and work on loving your own body.
Wednesday, February 20, 2019	5:30 to 6:30 pm	Mark Dela Cruz, MD	Cardiovascular Disease: Prevention through a Healthy Lifestyle	Cardiovascular disease is a major cause of disability and premature death throughout the world, and contributes substantially to the escalating costs of health care. Acute coronary and cerebrovascular events frequently occur suddenly, and are often fatal before medical care can be given. Modification of risk factors through a healthy lifestyle has been shown to reduce mortality and morbidity in people with diagnosed or undiagnosed cardiovascular disease.
Wednesday, March 06, 2019	5:30 to 6:30 pm	Don Gardenier, PA	Liver Function & Hep C	The underrated, unloved liver performs more than 300 vital functions. No wonder the ancients believed it to be the home of the human soul. Join Donald Gardenier, NP to learn about the role of the liver and some of the most common ailments. Find out what you can do to prevent fatty liver, Cirrhosis or even Hepatitis C.
Wednesday, March 13, 2019	5:30 to 6:30 pm	Ken Zaparinuk, DPT	Common Sources of Shoulder and Neck Pain and Current Interventions	Shoulder and Neck pain is an extremely common complaint. While unpleasant and frustrating, the upside is that shoulder and neck pain is often very treatable problems. Understanding the precise cause of your pain is key to you and your doctor formulating an effective treatment plan—one that optimizes the total healing process. Join Kenneth Zaparinuk, Physical Therapist to learn about the anatomy of the shoulder and neck, different types of pain and the different interventions available.
Wednesday, March 20, 2019	5:30 to 6:30 pm	Alex Del Rosario, MD; Anthony Velasco, MS, AGPCNP-BC, AAHIVS (DAP); Antonia D'orsay "Toni", Borrego Health, and Jill Hingston, LMFT, The LGBT Center	Transgender Medical Services	Please join us for an informative and educational panel discussion regarding Transgender Health Care Services in the Coachella Valley. The panel will be comprised of: Alex Del Rosario, MD , Eisenhower Health, Antonia 'Toni' D'Orsay 'Toni', Ph.D. , Borrego Health, Anthony Velasco, MS, AGPCNP-BC , Desert AIDS Project, and Jill Hingston, LMFT , The LGBT Center.
Wednesday, April 03, 2019	5:30 to 6:30 pm	Jonathan Bechard, MD	Sexual Health in a Fetish World	Please join Jonathan Bechard, MD, Internal Medicine, for a sex-positive discussion around common medical risks associated with fetish play, how to avoid them, how to talk about them with your doctor, and how to bring a health-positive voice to your desires and experimentation.



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Wednesday, April 10, 2019	5:30 to 6:30 pm	Don Gardenier	Common Misconceptions about Hepatitis C	Did you know that gay men and people born between 1945 and 1965 are at a greater risk of developing Hepatitis C than the general population? Often we assume that our Primary Care Physician has already tested us for Hepatitis C, or that because we never used intravenous drugs we are safe. Unfortunately that isn't always the case. Join Don Gardenier, NP to learn the importance of being screened for HepC and the latest treatment options available.
Wednesday, April 17, 2019	5:30 to 6:30 pm	Alex Del Rosario, MD	Gay Men's Guide to Sex 3.0	Join Dr. Del Rosario for a broad overview of gay male sexual practices in the medical aspect. An in-depth question and answer session will follow.