



Speakers  
Bureau  
Lecture  
Series

**Mather Hospital Speakers Bureau**  
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Learn more at [matherhospital.org](http://matherhospital.org)



## Mather Hospital Speakers Bureau

Complimentary lectures by health  
and wellness experts to community  
organizations and businesses.



- 1. Heart Attacks in Men and Women – Know the Different Symptoms:** Men and women can experience intense chest pressure during a heart attack. Learn the warning signs and prevention.
- 2. Breast Health and You – Mammograms and Self Exams:** An estimated one in eight American women will develop breast cancer sometime during her lifetime. Learn how to perform self-breast examination, the importance of mammograms, and the signs and symptoms of breast cancer.
- 3. What Your Cholesterol Numbers Mean for Your Health:** Learn what those numbers mean, “good” vs. “bad” cholesterol, and how a healthy diet and active lifestyle can reduce cholesterol.
- 4. Pain Management: Improving Your Quality of Life:** Pain is the most frequent cause of suffering and disability. Learn about types of pain and treatments such as medications, therapies and procedures from physicians at The Weiss Pain Management Center.
- 5. Hypertension and You:** Learn how high blood pressure can impact your health, how to reduce stress and what habits and behaviors can add to hypertension.
- 6. Hope for Wounds That Won’t Heal:** Chronic wounds caused by diabetes, poor circulation or other conditions keep millions of people from doing the things they love to do.
- 7. Should You Be Screened for Lung Cancer?** Are you or were you ever a smoker? Find out if you should be screened for lung cancer. When diagnosed early, lung cancer is most treatable.
- 8. Treating Atrial Fibrillation:** An irregular heartbeat increases the risk of stroke and heart disease. Learn about symptoms, treatments and lifestyle changes to manage this condition.
- 9. Make Your Bones Strong:** Learn how to prevent and manage osteoporosis, and about some of the minimally invasive procedures used to treat spinal fractures and other problems caused by osteoporosis.
- 10. Finding it Hard to Swallow?** Mather’s speech-language pathologists provide evaluations and therapy for a wide range of speech, language, voice and swallowing disorders for adults and children.

- 11. Keeping Up an Active Lifestyle:** Mather’s physical and occupational therapists can help you live a more active lifestyle through a program of exercise and therapy. Learn about our outpatient rehabilitation facility and programs.
- 12. Volunteers Make a Difference:** Volunteering at Mather Hospital. Develop new interests, make new friends and gain personal satisfaction from helping others. Ages 14 and up.
- 13. The Health Risks of a Bad Night’s Sleep:** A good night’s sleep is crucial to good health for both adults and children. Learn about sleep disorders, how they affect your health and available treatments for individuals as young as 2 years old.
- 14. Managing Congestive Heart Failure (CHF):** Learn how to improve the quality of life for CHF patients and their caregivers by educating them to better manage the disease, improve compliance and address their concerns.
- 15. Don’t Let Hip, Knee or Shoulder Pain Slow You Down:** Learn how you can get relief from joint pain and back to the activities you love. Our Orthopedic Coordinator explains the process of total or partial joint replacement, from pre-surgical testing to surgery to rehabilitation.
- 16. Diabetes Prevention and Care:** Learn how to prevent and manage diabetes, including proper diet and lifestyle changes.
- 17. Healthy Weight, Healthy Life:** Learn about the health risks of being overweight or obese, and how good nutrition and exercise can help you achieve optimal health and maintain your best personal body weight.
- 18. Relief from Back and Neck Pain:** Back and neck pain affects an estimated 80 percent of Americans at one point in their lives. Mather’s Back & Neck Pain Center is designed to provide pain relief for improved quality of life through a patient-centered, comprehensive and collaborative care plan.
- 19. Substance Abuse:** Lecture geared to middle school and high school parents about drug and alcohol abuse and opioid overdose prevention.

## Lecture Series request form

If requesting more than one lecture, please use a separate form for each request. Interested in a topic not listed here? Mather will try to accommodate your request.\*

(Please print)

Organization: \_\_\_\_\_

Contact/phone: \_\_\_\_\_

Contact Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Presentation location/address: \_\_\_\_\_

Lecture number: \_\_\_\_ Title: \_\_\_\_\_

No. of people attending \_\_\_\_\_

1st choice, date/time: \_\_\_\_\_

2nd choice, date/time: \_\_\_\_\_

3rd choice date/time: \_\_\_\_\_

Please return this form to Stuart Vincent, Mather Hospital, Public Affairs Department, via fax 631-476-2792, email [svincent@matherhospital.org](mailto:svincent@matherhospital.org) or mail. Online form at [www.matherhospital.org/speakersbureau](http://www.matherhospital.org/speakersbureau)

\*Health topic not listed in brochure for which you would like a speaker:

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