



Charlie Crist
Governor

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State Surgeon General

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LOCAL PHYSICIANS ANSWER WOMEN'S HEALTH QUESTIONS

NAPLES – As Floridians are constantly bombarded with health-related advice, they often struggle to separate fact from fiction. For example, what foods affect blood pressure and heart disease risk? Does exercise need to be weight-bearing to reduce risk of osteoporosis? How can women avoid weight gain during menopause? What are tips for managing pain? And what are options to treat vision problems?

To answer women's medical questions, the Collier County Health Department (CCHD) and the Collier County Medical Society presented a Women's Health Forum on Saturday, March 7 from 8:30 a.m.–1 p.m. The event, which was held at the Collier CHD, featured women physicians sharing their expertise about women's health issues. Participants had the opportunity to learn from local doctors about the latest information on various health topics in relaxed small group settings.

The event was free, fun and informative. Forum participants were greeted with a healthy continental breakfast and time to visit with agencies who work with women and health-related issues. Next, attendees chose from over 20 presentations to attend at hourly intervals. One participant commented, "With so many intriguing topics, the challenge is choosing which lecture to attend."

"The Forum experienced such overwhelming interest that our reservations filled up early," said Joan Colfer, M.D., M.P.H., Collier CHD Director and planning committee member.

Over 20 physicians discussed topics including:

- Weight gain and menopause
- Heart attack prevention
- Breast cancer prevention, detection and treatment
- Vision health
- Osteoporosis prevention and reversal
- Staying youthful and strategies for health, happiness and well-being
- Back pain treatment
- Controlling high cholesterol
- Irritable bowel syndrome
- Foot and ankle health
- Metabolism

Two of the presenters, Dr. Caroline Cederquist and Dr. Marilyn Varcoe, are nationally renowned authors and radio and television personalities. Dr. Cederquist wrote *Helping Your Overweight Child*, hosts the national television show "Get the Skinny," and has been featured as a guest physician on the Dr. Phil show. Dr. Marilyn Varcoe wrote *Toxic Stress* and *Golf Smart: Seven Secrets to Master the Mind Game of Golf* and speaks internationally on stress-related issues.



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For more information about National Women's Health Week or National Women's Check-Up Day, visit the U.S. Department of Health and Human Services, Office on Women's Health website at www.womenshealth.gov.

DOH promotes, protects and improves the health of all people in Florida. For more information about the Collier County Health Department, visit www.doh.state.fl.us/chdcollier/index.html.

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