

Registration Form



Participating Speakers



John G. Canto, MD, MSPH, FACC, FACP, FAHA is a cardiologist at Watson Clinic, who also serves as the Director of Watson Clinic's Center for Cardiovascular Prevention, Research and Education, Co-Director of their Lipid Clinic and Director of their Echocardiographic Laboratory, as well. Dr. Canto received a Bachelor of Arts degree in Chemistry with a concentration in Science, Technology and Public Policy at Carleton College in Northfield, Minnesota. He went on to attend medical school at the University of Minnesota in Minneapolis and he later received his internship and residency at the University of Texas Southwestern Medical Center in Dallas, TX.



Shalini Mulaparthy, MD, is a hematologist/oncologist with Watson Clinic. She received her medical degree from the University of Health Sciences in Vijayawada, A.P., India. She performed her internship and residency in Internal Medicine at the University of Medicine and Dentistry in New Jersey and a fellowship in Hematology and Oncology at New York University Medical Center in New York, NY. She is a member of the American Medical Association and the American Society of Clinical Oncology. She has conducted extensive research studies, particularly in the fields of melanoma and brain tumors, and has published in various prestigious medical journals. She is double board-certified in Internal Medicine and Medical Oncology.



Thomas W. Oates, MD, is an endocrinologist with Watson Clinic. He received his medical degree from Ohio State University College of Medicine in Columbus, OH. He performed his internship and residency in endocrinology at the University of Florida College of Medicine in Gainesville. Dr. Oates is a member of the American College of Physicians, a charter member of the American Association of Clinical Endocrinologists, a charter fellow of the American College of Endocrinology, and served as the president of the Florida Endocrine Society from 1984-86. He is board certified in Internal Medicine by the American Board of Internal Medicine, and has a subspecialty certification in Endocrinology and Metabolism.



Galina Vugman, MD, is a hematologist/oncologist with Watson Clinic. She received her medical degree from Rush University in Chicago, IL. She performed her internship and residency in internal medicine at the Rush University Medical Center, as well as a fellowship in palliative medicine. She completed an additional fellowship in hematology-oncology at the University of Florida in Gainesville. She is a member of the American Medical Association, the American Society of Clinical Oncology, the American Society of Hematology, and the National Council of Hospice and Palliative Professionals. She is board-certified in Medical Oncology, Internal Medicine and Hospice & Palliative Care.



Daniel A. Weinberg, MD, practices psychiatry at Watson Clinic. Dr. Weinberg received his medical degree from Albany Medical College in Albany, NY. He went on to perform his internship and residency in psychiatry at the University of Florida/Shands Hospital in Gainesville, FL, where he also served as chief resident of the Inpatient Neuropsychiatric Unit. He is a member of the Florida Medical Association and the Polk County Medical Association. He is board-certified in Psychiatry.



Christina Dethloff, MPH, RD, LD/N, CDE is a Nutrition Education Specialist/Certified Diabetes Educator at Watson Clinic. Ms. Dethloff received her bachelor of science in food science and human nutrition/dietetics and her master of public health from the University of Florida. She is also a certified diabetes educator. Her training includes medical nutrition therapy and cardiac patient nutrition. She is a member of the American Association of Diabetes Educators.

THE HEALTHY WOMAN SUMMIT

Sponsored By
The WATSON CLINIC Foundation, Inc.

Walk-in/On-site Registration

You may sign up at the event check-in area before each session, but cannot be guaranteed a seat. We recommend registering early to ensure your space.

Please complete this form and mail/deliver/fax to:

Watson Clinic Foundation, 100 S. Kentucky Ave., Suite 255, Lakeland, FL 33801 (Downtown Lakeland, McKay Building) • 863.802.6220 • Fax: 863.688.3857

New this year!
Motivational Luncheon

THE HEALTHY WOMAN SUMMIT

Sponsored By
The WATSON CLINIC Foundation, Inc.

Tuesday, May 3, 2011 • 5:00 pm - 7:00 pm

Friday, May 6, 2011 • 8:00 am - 1:30 pm

Watson Clinic Bella Vista Building Conference Room

For information call 863.802.6220 or visit www.WatsonClinic.com/wcf

REGISTRATION DEADLINE: APRIL 25, 2011

Name: _____

Company: (if applicable) _____

Email: _____

(if you would like to receive future information regarding events or other Watson Clinic Foundation programs)

Mailing Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ **Fax:** _____

How did you hear about our program? Radio Newspaper
 Website Mailed Form Friend/Relative Agency Other _____

Please schedule me for the following FREE sessions:
See Topics page of program for a detailed schedule. **You are welcome to attend any session of your choice.**

Evening Session: Tuesday, May 3, 2011
 5:30 pm - 6:15 pm
 6:15 pm - 7:00 pm
Registration opens at 5:00 pm

Morning Session: Friday, May 6, 2011
 8:30 am - 9:15 am
 9:15 am - 10:00 am
 10:35 am - 11:20 am
 11:20 am - 12:05 pm
Registration opens at 8:00 am

Luncheon: \$15 Donation 12:30 pm - 1:30 pm

Please make check payable to: Watson Clinic Foundation, Inc.

Please bill my credit card for \$ _____

Card type: AMEX MasterCard Visa

Name as it appears on card: _____ Exp. Date: _____

Card number: _____ Signature: _____

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This **FREE** conference will take place at the **Watson Clinic Bella Vista Building Conference Room**, 1755 N. Florida Ave., Lakeland, FL 33805, with an evening session on **Tuesday, May 3, 2011** and a morning session on **Friday, May 6, 2011**. We strongly recommend that you complete the registration form and return it to reserve your seat. **If you have any questions please call: 863.802.6220.** **Registration deadline: April 25, 2011.**

Evening Session	Tuesday, May 3, 2011
5:30 pm - 6:15 pm Thomas W. Oates, MD	Understanding Diabetes - Excessive thirst, extreme hunger, unusual weight loss, and increased fatigue are some symptoms of diabetes. Let us help you understand the cause and the treatment.
6:15 pm - 7:00 pm Cristina Dethloff, MPH, RD, LD/N, CDE	"The Fat Facts": The Real Truth Behind Weight Gain After Menopause - Is weight gain inevitable with menopause? Is there a way to prevent weight gain during/after menopause? Health consequences of weight gain after menopause, how much is too much? Join us to learn the answers.

Morning Session	Friday, May 6, 2011
8:30 am - 9:15 am John G. Canto, MD	Don't Have a Heart Stopping Moment - Did you know that 2 of every 3 women avoid being victims of Heart disease? Although it is still the number one killer of women in the United States, join us to learn how we can increase those odds.
9:15 am - 10:00 am Shalini Mulaparthi, MD	Female Cancers That Affect Women We Love - Understanding the value of annual exams that could save your life or someone you love. Learn more information on Cervical, Ovarian and Uterine Cancers.


Pampering Break! 10:15-10:35 *A Surprise from the Watson Clinic Bella Vista Spa. Hurry and find your seat.*

10:35 am - 11:20 am Galina Yugman, MD	Breast, Colon and Lung Cancers: What You Might Not Know - Come learn the facts about some commonly known cancers. Knowledge can be your best form of prevention.
11:20 am - 12:05 pm Daniel A. Weinberg, MD	Depression Doesn't Have to Win - Learn the difference between being depressed and just not feeling right. Knowing the symptoms can lift the fear and help you seek treatment.



Maggie C. Sabatier-Smith
Guest Speaker
12:30 pm - 1:30 pm

What if the only formula for success in your life were that you show up **JUST AS YOU ARE?** If your answer is negative, you are not alone. Women in the U.S. are under pressure to measure up to a certain social and cultural ideal of beauty, which can lead to poor body image. Coach Maggie says, "You are uniquely and intentionally wired! You matter!" Please join us, as Maggie Sabatier-Smith, President and Founder of Called To Action invites us to "It's Your Party, Come As You Are!" Coach Maggie has over 30 years experience serving in a variety of leadership roles in the global marketplace. As a graduate of Southeastern University, she wants to help women right here at home understand the real importance of discovering, owning and celebrating "YOU."



Louis S. Saco, MD, FACP, MBA
CEO, Watson Clinic Chairman of the Board, Watson Clinic Foundation, Inc.

The Annual Women's Health Summit is dedicated to educating women to make informed decisions about health, well-being and personal safety for themselves and their families. From birth control to menopause we cover topics important to women at every stage of their life. When we're young, most of us don't worry much about our health. But starting in our late 30s, some health concerns start nagging at us. Or, we notice our friends grappling with health problems.

"For example, women begin to grow concerned about menopause in their 50s and start to worry about osteoporosis in their 60s," notes, Dr. Lou Saco, Chairman, Watson Clinic Foundation. "Our hope with this conference is that you get the information you need from experts right here in your community at the time you need it."

Watson Clinic Foundation
Making a Difference in our Community

Since its inception in 1960, the Foundation has focused on the medical needs of our community. As a non-profit organization, the Watson Clinic Foundation strives to achieve a single goal with each endeavor. We provide services and explore opportunities that will elevate the health consciousness and quality of life within the community.

Research is imperative to advance the pool of medical knowledge related to prevention and treatment of diseases. We grant financial support for research endeavors, striving to improve patient care from the knowledge gleaned through the process.

The Foundation also funds multiple scholarships to medical and nursing students to assist in their pursuit of a career caring for you and your loved ones.

Accredited by the Florida Medical Association, the Foundation continues to offer medical education to health care providers. Not only does this expand the knowledge base of medical professionals, it also ensures patients in our community receive the most comprehensive treatment.

These services and many others are made possible by the generosity of treasured sponsors, and donors like you, helping us to have a more fortified and healthier community.