

# Omaha Women's Health & Wellness Conference

Olson Center for Women's Health  
989450 Nebraska Medical Center  
Omaha, NE 68198-9450

## ADDRESS SERVICE REQUESTED

You're invited to a day of health education, screenings and assessments.

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OMAHA, NE  
PERMIT NO. 454

# 22<sup>ND</sup> ANNUAL Omaha Women's Health & Wellness Conference

## Protecting Yourself: The Path to Improved Health



FRIDAY, OCT. 25, 2019  
8 A.M. TO 4:30 P.M.

LA VISTA CONFERENCE CENTER  
12520 WESTPORT PARKWAY  
LA VISTA, NE

### Keynote Presenters:

Athena Ramos, PhD, MBA, MS, CPM  
Michael Summers, MD  
Nick Howe

## Platinum Financial Sponsors



## Testimonials from the 2018 conference

*"So many great things to take away. I've been trying to do more for overall wellness, this was uplifting and applicable."*

*"Excellent info! Interesting and thought provoking."*

*"Learned new stuff – will change my habits!"*

*"Great information – most helpful!"*

*"I love this conference, every year."*

*"I've been coming for years! Always enjoy it and appreciate all you do to pull this together every year!"*

*"Excellent every time. Great info and education that I can apply to my life. Such a positive atmosphere."*

*"Very informative, worthwhile educational opportunity."*

*"Excellent! Great lectures, enjoyed the healthy food, fantastic speakers, well organized and very friendly volunteers."*

*"I love this conference. As I get older I find myself wanting / needing to open my mind to new ideas and concepts."*

Brought to you by:  
**Olson Center for Women's Health**



# Conference Schedule

**8 a.m. Registration, Health Fair and Screenings**

**8:50 a.m. Welcome and Opening Session**

**9 a.m. Breakfast Keynote:**  
**Athena Ramos, PhD, MBA, MS, CPM**  
*Changing the Game on the Social Determinants of Health: A Road Map to Well-being*



What are social determinants of health and why are they important? How do the conditions in which we are born, live, learn, work, play and age matter to our health, that of our family, and the overall well-being of our community? This session addresses opportunities to change the game by integrating health as a critical component to collective decision making.

**10:15 a.m. Refreshment Break, Health Fair and Screenings, Sponsor Exhibits**

**10:45 a.m. General Session:**  
**Women and Sleep Disorders**  
**Michael Summers, MD**



Do you have issues with sleep? You're not alone. Sleep is one of the critical pillars of health and is often neglected. We will discuss some common sleep disorders that impact women; cover what is considered normal sleep; and explore strategies to improve sleep quality and quantity. This lecture will also include an in-depth discussion of both obstructive sleep apnea and restless leg syndrome.

**Noon Lunch and Sponsor Exhibits**

**1 p.m. Breakout Session (choose 1, 2 or 3)**

**1) Vaccine Recommendations for Nebraskans**  
**Ally Dering-Anderson, BA, PharmD, RP**  
**UNMC College of Pharmacy**



Confused about which vaccines you need and when you need them? This program will focus on vaccines recommended for Nebraskans from toddlers to grandparents. Emphasis will be placed on common, vaccine-preventable diseases and recommended dosing schedules.

**2) Skin Changes During Each Decade of a Woman's Life**



**Jennifer Abrahams, MD**  
**UNMC Department of Dermatology**  
 How familiar are you with the changes and health of the largest organ of your body – the skin? Learn what to expect as skin ages, how to identify signs of concern, and how to keep your skin healthy at each stage of life.

**3) Hoarding: The Difference Between Messy and Mental Disorder**



**Lauren Edwards, MD**  
**UNMC Department of Psychiatry**  
 Everyone has heard about hoarding, but how do you know whether you or a loved one has it? This talk will help you understand the difference between the clutter we all struggle with at times,

and hoarding disorder, which can be debilitating. We will review how the diagnosis is made, the background science, and approaches to treatment.

**2:15 p.m. Refreshment Break and Sponsor Exhibits**

**2:45 p.m. Breakout Session (choose 4, 5 or 6)**

**4) The Work/Life Balance Dance: Staying in Rhythm at Work and Home**



**Theresa Nelson, MA**  
**Wellness Council of the Midlands**  
 Increased demand on workers to balance their career and home life can blur the line between when work stops and home life begins. It's time to learn what "work/life" balance truly means and discover tangible techniques to not only change behavior, but also create both a rewarding career and a fulfilling home life.

**5) Women's Body Image Across the Lifespan: Effects on Mental Health and Coping Strategies**



**Emaan Lehardy, PhD**  
**Nebraska Medicine**  
**Psychology Department**  
 Body image includes our perceptions, thoughts, feelings, and behaviors regarding our body's appearance and function. This presentation will provide an overview of body image, social and cultural influences, and the psychological effects of a negative body image during our lives, as well as coping strategies to promote a healthy, positive relationship with our body image.

**6) Safety in Numbers: Four Lessons in Cybersecurity for Your Personal and Professional Protection**



**Ryan Sothan, BSBA**  
**Nebraska Department of Justice**  
**Office of the Attorney General**  
 With today's digital technologies, it is often what we don't know that puts our personal and/or professional information and safety at risk. This session focuses on simple but effective strategies for safely using computers, software, smartphones, the internet, and social media to ensure your organization and personal life are protected from data breaches and cyber attacks.

**4:10 p.m. Closing Session: Evaluations and Door Prizes**

**Into the Future**



**Nick Howe**  
**Firefighter and Two Time Cancer Survivor**  
 Understand the challenges of navigating a cancer diagnosis as a young adult, in addition to facing the fertility challenges associated with cancer care.

**4:30 p.m. Adjourn**

# Keynote Presenters



**Athena Ramos, PhD, MBA, MS, CPM**  
 Assistant Professor, Center for Reducing Health Disparities, Department of Health Promotion UNMC College of Public Health



**Nick Howe**  
 Firefighter and Two Time Cancer Survivor



**Michael Summers, MD**  
 Assistant Professor, Division of Pulmonary, Critical Care, Sleep and Allergy UNMC Department of Internal Medicine  
 Medical Director, Nebraska Medicine Sleep Disorders Center



## Registration Deadline: Friday, Oct. 18

**Name:** \_\_\_\_\_

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

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**Daytime phone:** \_\_\_\_\_ **Evening phone:** \_\_\_\_\_ **RN/LPN License Number:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**I require a medically necessary diet. Please explain: (ex: diabetic)** \_\_\_\_\_

**First Breakout Session** (choose one) 1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ **Second Breakout Session** (choose one) 4\_\_\_\_ 5\_\_\_\_ 6\_\_\_\_

Registration is \$59. Olson Wellness Exchange (OWE) members may receive a \$5 discount off the general registration fee. Registration includes breakfast, lunch, lectures and exhibits. **No refunds after Oct. 18.** For more information about the conference or to become an OWE member, please contact the Olson Center for Women's Health at 402.559.6345. Nursing credit is an additional \$30.

The University of Nebraska Medical Center College of Nursing Continuing Nursing Education is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. This activity is provided for 5.0 contact hours under ANCC criteria.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the American Nurses Credentialing Center's Commission on Accreditation (ANCC) through the joint providership of the University of Nebraska Medical Center College of Nursing Continuing Nursing Education (UNMC CON CNE) (provider) and the Olson Center for Women's Health.

Make check or money order to: **University of Nebraska Medical Center**

Mail check and registration form to: Omaha Women's Health and Wellness Conference Olson Center for Women's Health 989450 Nebraska Medical Center Omaha, NE 68198-9450	Registration Fee	\$59
	OWE Member	– \$5
	Nursing Credit	+ \$30
	TSH	+ \$7
	Lipid, Glucose, CBC	+ \$17
	Flu Vaccine	+ \$20
	Total =	_____

**Note:** The health screenings listed below require preregistration. Place an "X" by the health screenings you would like completed. You will receive a letter in the mail confirming your registration and indicating your appointment time.

Lipid, Glucose, CBC \$17 \_\_\_\_\_ (includes lipid panel, glucose, complete blood count) TSH for Thyroid \$7 \_\_\_\_\_

Quadrivalent Fluorix Flu Vaccine \$20 \_\_\_\_\_ (The quadrivalent flu vaccine is designed to protect against four different flu viruses; two influenza A viruses and two influenza B viruses.)

Date of birth (please provide if having blood work performed) \_\_\_\_\_