

Free Community Education Programs

Physicians and health providers with Mercy Clinic Four Rivers will offer a series of **free** community education programs in February, March and April. Specialists in orthopedic surgery, cardiology, general surgery, gastroenterology, ophthalmology, internal medicine and diabetes management will host the one-hour discussions.

All programs will be from **6 to 7 p.m. at Mercy Medical Building South – 901 Patients First Drive in Washington, Conference Rooms A&B on the second floor.**

Register for an individual event or all in the series. To learn more, go to mercy.net/FourRiversEDU or call 636-231-6264.

February 19

A New Approach to Hip Surgery

David Nordin, MD, Mercy Clinic Orthopedic Surgery, will discuss a new minimally invasive approach to hip replacement surgery that offers less surgical trauma, decreased post-operative pain, shorter rehabilitation and a faster return to daily activities.

February 28

Dispelling the Myths of Post-Surgical Care

Jim Cassat, MD, Mercy Clinic Surgical Specialists, will talk about advancements in minimally invasive surgery, and how the do – and not do – list the first few days, weeks, or months after surgery is changing.

March 5

Colorectal Cancer Awareness and 80 by 2018

Sheetal Sharma, MD, Mercy Clinic Gastroenterology, will provide insight on how colon cancer can be detected, the reasons why screenings are so important, and who is at greatest risk for developing colon cancer.

March 14

A to Z in Eye Disease

Glenn Sanford, MD, Mercy Clinic Ophthalmology, will discuss what happens to our eyes as we age, offer tips to prevent certain problems, and recommendations for treatment when faced with an eye disorder.

March 22

Acid Reflux on the Influx?

Les Tucker, MD, Mercy Clinic Gastroenterology, will talk about symptoms and treatment options for gastroesophageal reflux disease (GERD), who is most likely to have GERD, and what can happen if GERD remains untreated.

March 29

The Aging Process: What's normal and what's not?

Kyle Ostrom, MD, Mercy Clinic Internal Medicine, will explore what's normal and what's not normal as we age, and offers some insight on what older adults can do to stay on top of their game.

April 3

Diabetes – What's New?

About 26 million people in the United States have diabetes and another 79 million people have health factors for developing diabetes, or prediabetes. Join certified diabetes educators and dietitians from Mercy Clinic Diabetes and Nutrition Center as they talk about what's new in diagnosing, treating and living with diabetes.

April 19

Treatment Options for Chronic Vein Pain

Brian Seeck, MD, Mercy Clinic Heart and Vascular, is now using minimally invasive technology for the treatment of chronic venous insufficiency (CVI) and venous reflux disease. He will discuss the benefits of a fast and painless procedure done in his office – with no anesthesia required – to help sufferers.

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