

WOMEN'S HEALTH EXPO

Seminar Program



SUNDAY 8

SEMINAR ROOM A

Time

- 11.00 **Breast Screen NSW - Cancer Screening Saves Lives**
The Cancer Institute NSW is responsible for managing some of the most effective screening programs available in NSW today. Early detection is key to minimising the risk of cancer. Join our panel of experts from BreastScreen NSW, Bowel Screen NSW and Cervical Screen NSW as they explain the life-saving benefits of screening. You'll learn; Who should screen? How are screens performed? Quality assurance. The impact screening programs have in identifying and reducing cancer mortality within the community.
- 11.45 **Osteoporosis NSW**
What is Osteoporosis with Janine Dawson
How can I maintain a good level of calcium?
How does calcium help to keep my bones healthy? How is Osteoporosis diagnosed? Does exercise help?
What do I do if I have been diagnosed with Osteoporosis?
- 12.30 **FABHealth** - The importance of Iron in Women's Health
- 1.15 **Impotence Australia** - Women and Sexuality;
This seminar will look at women's sexual concerns women. Discuss assessment and treatment options for low/high sexual desire, pain on intercourse, spicing up intimacy and other issues.
- 2.00 **The Black Dog Institute**
Cathy Owen - Omega 3 as a treatment for depression
- 2.45 **Royal Hospital for Women**
Professor Michael Campion - Cervical Cancer
- 3.30 **The Lead Group**
Elizabeth O'Brien
Lead health effects & the source for you and your family.

SUNDAY 8

SEMINAR ROOM B

- 11.30 **Women's Health Nurses**
Bernadeta Cansdell will be presenting Endometrial cancer and how to reduce the incidence
- 12.30 **IVFAustralia** - Living with Endometriosis and Fibroids
Dr Joel Bernstein, Fertility Specialist.
Endometriosis and fibroids are two common conditions experienced by women in childbearing years and which maybe linked to infertility.
Dr Bernstein provides an overview and advice on treatment options for these women.
- 1.15 **NSW Midwives** "Midwives make it a labour of love"
The exploration of birth through a midwife's eyes. The presentation will address the unique relationship between women and midwives. The presentation will include an audiovisual representation of births with midwives.
- 2.30 **Creative Future Dynamics**
NLP – what is it. Change your life.
- 3.30 **Ripe Learning - Lynne Schinella**
Living in the Family Fruit Bowl
2500 years ago Hippocrates theorized there were four different types of human behaviour. In 2006, we examine the different types of "fruit" that make up our family and reveals hot tips on dealing with your partner and children, whether they are Mango, Apple, Banana or Lime!