

# Spring 2018 Community Education Calendar of Events



**LOCATION** HSS Stamford Outpatient Center  
1 Blachley Road, Stamford, CT

**TIME** 5:30–6:30 pm

**HOW TO REGISTER** Call **Pamela Villagomez** at  
203.705.2956 or email at  
[villagomezp@hss.edu](mailto:villagomezp@hss.edu)

**Space is limited; register early!**  
Programs are free of charge and open to the public.

## I Have Arthritis: When Should I Have Joint Replacement Surgery?

Wednesday, February 28, 2018

**Erin Kane Bronstein PT, DPT, OCS**  
Physical Therapist, HSS Sports Rehab

**Andrew C. Shannon, PT, DPT, ATC, FDN-1**  
Physical Therapist, HSS Sports Rehab

**Bradford S. Waddell, MD**  
Orthopedic Surgeon, Hip & Knee Replacement  
Hospital for Special Surgery, HSS Orthopedics at Stamford Health

Affecting over 30 million people in the U.S., osteoarthritis is the most common chronic condition of the joints, most frequently impacting the knees and hips. Osteoarthritis is addressed using a combination of treatments, such as physical therapy before surgery (prehabilitation) and/or physical therapy after total joint replacement surgery (rehabilitation). Join us for a panel talk that will discuss the importance of prehab and rehab, as well as how to identify when it is time for hip or knee replacement surgery.

## The Relationship Between Nutrition & Inflammation

Wednesday, March 28, 2018

**Dana Pitman, MS, RD, CDN**  
Clinical Nutritionist  
Hospital for Special Surgery

Chronic inflammation acts as one of the body's primary defense mechanisms in response to an injury or a harmful substance. What we eat can contribute to ongoing inflammation, but our food choices can also help fight inflammation. Join us for an informative lecture about the foods that can help combat inflammation and associated symptoms!

## Oh, My Aching Back!

Wednesday, April 25, 2018

**Christine Lynders, PT, OCS, CAFS**  
Physical Therapist, HSS Sports Rehab

**Steven J. McAnany, MD**  
Orthopedic Surgeon, Spine  
Hospital for Special Surgery, HSS Orthopedics at Stamford Health

Degenerative conditions of the spine can lead to chronic pain with sporadic bouts of more severe pain. Join us for a comprehensive talk that will address who to see for the pain associated with degenerative spine conditions, options for managing pain, and the role of physical therapy in preventing and treating back pain.

## Keeping the Female Athlete Active and Healthy!

Tuesday, May 8, 2018

**Moira M. McCarthy, MD**  
Orthopedic Surgeon, Sports Medicine  
Hospital for Special Surgery, HSS Orthopedics at Stamford Health

**Daphne A. Scott, MD**  
Primary Care Sports Medicine Physician  
Hospital for Special Surgery, HSS Orthopedics at Stamford Health

**Karen M. Sutton, MD**  
Orthopedic Surgeon, Sports Medicine  
Hospital for Special Surgery, HSS Orthopedics at Stamford Health

Bone loss and susceptibility to knee injuries are at the top of the list for active women of all ages and abilities, from professional athletes to eager novices! Join us for a comprehensive panel with physicians from our Women's Sports Medicine Center addressing bone health, the role muscle strengthening in health on the field or gym and prevention tips for common injuries that the female athlete may sustain.