

# Winter/Spring 2016 Community Education Calendar of Events



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

**TIME** 5:45–6:45 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.

## Heart Health and the Young Athlete

In celebration of *American Heart Month*

Wednesday, February 17, 2016



**Daphne A. Scott, MD**  
Assistant Attending Physician

Join us to learn more about the young athlete, the risks and common types of heart diseases, warning signs and the American Heart Associations' current screening recommendations. Athletes 35 years of age or younger and who train for more than one hour on most days are at particular risk of developing heart conditions. While healthy lifestyle choices help reduce our risk of cardiovascular disease, there are structural and non-structural heart conditions that can impact an athlete's heart health.

## The Nature of Back Pain

Wednesday, March 30, 2016



**Alice Chen, MD**  
Attending Physiatrist

Back pain is the most common reason for patients' visits to a physiatrist. It is a leading cause of disability in Americans under the age of 45. More than 26 million Americans between the ages of 20–64 experience frequent back pain. Join us for an overview of the back's anatomy and function followed by topics focused on the risks and causes of back pain, prevention and pain management.

## Meniscus Tears in the Active Adult

Tuesday, April 19, 2016



**Moira M. McCarthy, MD**  
Assistant Attending Orthopedic Surgeon

Tears of the meniscus are among the most common knee injuries! A meniscal tear can happen from simple activities such as walking or squatting, activities that involve twisting motions of the knee, a traumatic injury to the knee or overuse that leads to simple wear-and-tear of the knee. Essentially, anyone at any age can tear their meniscus but each tear is different. Join us to learn more about the different forms of tears, the symptoms and appropriate treatment options.

## Shoulder Arthritis

In observance of *National Arthritis Month*, a collaborative program presented by the Arthritis Foundation and the HSS Stamford Outpatient Center.



Wednesday, May 18, 2016



**Samuel A. Taylor, MD**  
Assistant Attending Orthopedic Surgeon

Shoulder arthritis can cause significant pain and stiffness. There are five major types of arthritis that affect the shoulder and each type impacts a different area of the shoulder. Arthritis can result from simple wear-and-tear of the joint, trauma or injury to the shoulder, a rotator cuff tear, disruption to the shoulder's blood supply or from an autoimmune condition such as rheumatoid arthritis. Join us to learn more about these different types of shoulder arthritis, how to manage the pain and how to remain active!