



PROGRAM SCHEDULE

10:00 a.m.-1:40 p.m.

The Silent T: Osteoporosis....Silence is NOT Bliss

9:30-10:00 a.m.	Registration, Visit Resource Exhibits
10:00-10:15 a.m.	Welcome, Agenda Description & Speaker Introduction
10:15-10:45 a.m.	Osteoporosis: Definition, Impact & Risk Factors Sharon Baker, BSN, MN, CWHNP, WIN President
10:45 p.m.-11:05 a.m.	Stretch & Exercise Demonstration Amber Todd, Physical Therapist, Floyd Medical Center
11:05-11:30 a.m.	Calcium, Vitamin D, Menu Planning & Supplements Melanie Troxell, R.N., Redmond Regional Medical Center
11:30-12:00 p.m.	Lunch Break & Exhibits: Food preparation demo Chef Greg Paulson, Director of Culinary Arts, Georgia Northwestern Technical College
12:00-12:15 p.m.	Diagnosis: How to get your "T" & FRAX Score & What it Means. C. Michelle Strickland, M.D. Floyd Medical Center Primary Care Sports Medicine
12:15-12:45 p.m.	Treatment Options & Decision-Making. Abhijit Kanthala Reddy M.D., Internal Medicine & Geriatric Medicine, Faculty, Redmond Regional Residency Program
12:45-1:00 p.m.	Surgical Treatments for Osteoporosis: Kyphoplasty Dr. Daniel Webb, Neurosurgeon, Harbin Clinic
1:00-1:15 P.M.	Fall & Fracture Prevention Strategies Shannon Loy, Physical Therapist, Advance Rehab
1:15-1:30 p.m.	Question & Answer Session, Program Evaluation