

## Women's Wellness Update

### TARGET AUDIENCE

This program is designed for registered nurses working in various practice settings. The content would be of value to any healthcare professional.

### LEARNING OUTCOME

To increase the learner's knowledge of how to improve health for themselves and female patients through updated information and management of specific health issues and trends.

### PROGRAM OBJECTIVES

At the conclusion of this program the participant will be able to:

1. Describe the genetic connection between breast cancer and a woman's risk for developing the disease.
2. Discuss the latest evidence-based practice methods for the treatment and prevention of breast cancer.
3. Explain the benefits of bioidentical hormones and their role in obtaining and maintaining health in women.
4. Discuss Yoga as a healing system that can be practiced to create strength, awareness and harmony in both the mind and body.
5. Identify the most recent tests and treatments which aim to prevent cardiovascular events in women.

### COURSE DESCRIPTION

Women have unique health concerns which affect them differently and often more profoundly than men. This program will focus on those health problems that many women develop such as breast cancer, hormonal imbalance, and cardiovascular disease. Local experts will share their vast knowledge and experience of these issues including the latest preventative options and treatment choices so we can properly inform our patients and make informed decisions for ourselves. Experts will also share opportunities for healing such as: the benefits of yoga, a spiritual and ascetic discipline which includes breath control, meditation, and the adoption of bodily posture practiced for health and relaxation; and bioidentical hormones which are identical in molecular structure to the hormones women make in their bodies. Please join us for this informative program offering a day of enriching education on women's health issues so we can teach our patients how to take better care of themselves and learn for ourselves in the process.

### AGENDA

December 11, 2015

7:30-8:00	Registration and Continental Breakfast
8:00-8:05	Welcome and Announcements <i>Robbie Stefanski, MSN, RN</i>
8:05-9:40	Breast Cancer - The Genetic Connection <i>Dr. Tyshaun M. James-Hart</i>
9:40-9:55	Break
9:55-11:30	The ABC's of HRT and Women's Wellness <i>Allison Seilhan, Pharm D. Holly Stevens, MAT</i>
11:30-12:30	Lunch Break (Available on site through the Petroleum Club, \$18.00 cash or check payable to Petroleum Club or participant may leave and return at 12:30 PM)
12:30-1:20	Yoga as a Healing System <i>Lacey Gothreaux</i>
1:20-1:35	Break
1:35-2:35	Prevention of Cardiovascular Disease in Women <i>Deirdre Detraz, RN, ANPC</i>

### CONTINUING EDUCATION

University of Louisiana at Lafayette College of Nursing and Allied Health Professions is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Louisiana State Board of Nursing – Provider # 9.

To receive 5.0 contact hours, the participant must attend the entire program, and complete and submit the Contact Hour and Evaluation forms.

### DISCLAIMER

American Nurses Credentialing Center (ANCC) accreditation applies only to the educational content of the program. University of Louisiana at Lafayette College of Nursing and Allied Health Professions Continuing Nursing Education Program and ANCC Commission on Accreditation does not approve or endorse any product.

### SPECIAL NEEDS

University of Louisiana at Lafayette will seek to accommodate persons with special needs. If you have a special need which may require accommodations, please notify Continuing Nursing Education, 337) 482-6682 or email [nursing\\_ce@louisiana.edu](mailto:nursing_ce@louisiana.edu) five (5) days in advance to make arrangements.

### FACULTY

#### Tyshaun M. James-Hart, MD

Dr. James-Hart, Breast Surgeon in Lafayette, Louisiana specialized in the treatment of benign breast diseases such as fibrocystic disease, fibroadenomas, breast abscesses, and breast pain as well as the diagnosis and treatment of breast cancer. After receiving her medical degree from Marshall University School of Medicine in Huntington, West Virginia, Dr. James-Hart was surgical resident and Chief Resident of Surgery at Harlem Hospital Center in New York City. She then completed a Surgical Oncology Fellowship at Roswell Park Cancer Institute in Buffalo, New York. Dr. James-Hart is board-certified in Surgery, a member of the National Medical Association and the Society of Surgical Oncology, and has co-authored several medical publications.

#### Allison Seilhan, Pharm D.

Ms. Seilhan graduated from NLU School of Pharmacy in 1999 and has practiced as a licensed pharmacist for over fifteen years. After working with compounded HRT for the past six years as a retail pharmacist, she is currently conducting Wellness Consultations at Professional Arts Pharmacy as a clinical pharmacist. Dr. Seilhan attended the HRT Symposium by PCCA in 2014 and the Stress Symposium by the American Academy of Anti-Aging Medicine in 2015. She trained under hormone replacement expert, Jim Paoletti, Pharmacist, FAARFM, FIACP for the past twelve years.

#### Holly Stevens, MAT

Ms. Stevens, Educational Coordinator for the Wellness Department at Professional Arts Pharmacy, develops and teaches wellness classes for patients, staff, and community organizations. She earned her MAT from NSU in 2012. Ms. Stevens attended the Wellness and Nutritional Training Symposium by PCCA in 2013 and the 2013 Lifestyle Medicine Summit by Metagenics. Having spent the past six years working within the Wellness Department, she is able to effectively explain the value and benefits of compounded hormone therapy, supplement, and nutritional education, all standard components of wellness classes.

#### Lacey Gothreaux

Ms. Gothreaux has been fascinated with the practice of yoga since she was thirteen years old and since then has worked to expand and evolve yoga into all aspects of her life. In 2011, she received her 200 hour yoga certification and in 2013 she became certified to teach prenatal yoga. Today, she teaches yoga to people with all body types and backgrounds including children, pregnant women, and special needs children. Ms. Gothreaux has instructed yoga at local fitness centers since 2011. She is currently working on her certification in Trauma Informed Yoga Therapy and children's yoga therapy.

#### Deirdre Detraz, RN, ANPC

Ms. Detraz earned her BSN in 2000 from Northwestern State University in Natchitoches, LA and her MSN specializing in adult health as a Nurse Practitioner in 2005. Her nursing background includes many years in critical care and emergency room nursing. After becoming a nurse practitioner, Ms. Detraz practiced with a cardiologist group in Lafayette for seven years, specializing in the care of patients with various cardiovascular conditions. Today, she is the sole practicing healthcare provider at Acadiana's first cardiovascular prevention center where she is affiliated with HASPA, the Heart Attack and Stroke Prevention Alliance, and is a graduate of the Bale Doneen Method preceptorship, a world renowned methodology for preventing heart attacks.

### REFUND POLICY

**REFUNDS WILL BE PROVIDED UNTIL DECEMBER 7, 2015. NO REFUNDS WILL BE MADE FOR CANCELLATIONS AFTER DECEMBER 7, 2015. FEE MAY BE APPLIED TO ANOTHER PROGRAM IF YOU CANCEL AT LEAST ONE DAY PRIOR TO THE PROGRAM.**

**For your convenience, the College of Nursing accepts telephone registrations. However, for this program, it will be necessary to submit payment via mail.**

# Women's Wellness Update

December 11, 2015

## REGISTRATION FORM

Name: \_\_\_\_\_  
(Last) (First) (Middle)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (H): \_\_\_\_\_ (W): \_\_\_\_\_

E-mail: \_\_\_\_\_

Employer: \_\_\_\_\_

**REGISTRATION CAPACITY WILL BE LIMITED**

*Early Registration Submission is Suggested.*

**(CHECK ONE)**

### REGISTRATION

_____ Individual	\$80.00
_____ Subscriber Participant	\$15.00
_____ Retired RN	\$30.00
_____ Undergraduate Students and Dietetic Interns	\$10.00
_____ Graduate Students	\$40.00

Please add \$10.00 for registrations received after Monday, December 7, 2015.

For your convenience the College of Nursing accepts telephone registrations. However, for this program it will be necessary to submit payment via mail.

**FOR MORE INFORMATION, CALL 337-482-6682**

**PLEASE MAKE CHECK PAYABLE TO:**

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~Presents~



## Women's Wellness Update

**Friday, December 11, 2015**

**8:00 AM – 2:35 PM**

**Contact Hours: 5.0**

### 2015-2016 Subscribers

Abbeville General Hospital  
Acadiana Brain Injury Center  
AHS Walk-In Clinic, Inc.  
Complete Home Health  
Cornerstone Village South  
First Option Home Health  
Heart Hospital of Lafayette  
Iberia Medical Center  
Lafayette General Health – Main Facilities  
Lafayette Juvenile Detention Home  
Lafayette Parish School System – Nursing Health Services  
Louisiana Nursing Home Association – Region III  
OncoLogics, Inc.  
Our Lady of Lourdes Regional Medical Center  
Park Place Surgical Hospital  
Region IV Nurses  
United Blood Services  
Vermilion Parish School Board  
Women's & Children's Hospital

Presented at  
Petroleum Club of Lafayette  
111 Heymann Blvd  
Lafayette, LA