



15th Annual Women's Health Forum

FIT & FABULOUS YOU TODAY & BEYOND

SATURDAY • MARCH 23, 2024

8:30am - 1:00pm

A public service of Collier County Medical Society

Held at Naples United Church of Christ



Presenting Sponsors:

Hobdari Family Health, Inspire Exercise Medicine/Magnolia Breast Center, Wintrust Wealth Management

Registration & Refreshments, Exhibits 8:30am		McSpadden Hall
Welcome & Opening Comments 9:00am		McSpadden Hall
Break Out Session I 9:15am-10:10am		
Francesca Rudin MD	Heart Disease: How it Differs in Women, Prevention, and Unique Warning Signs	Sanctuary
Mazen Albaghdadi MD	Valvular Heart Disease in Women: Improving Diagnosis and Outcomes	
Amanda Sacino MD	Diagnosis and Management of Spine Compression Fracture	Beverly Hall
Prathima Moorthy MD	Low Back Pain Causes and Treatments	
Russell Becker DO	Evolving Laser Skin Treatments	Nelson 207
Sonal Sura MD	Get Your Glow On: The Truth about Radiation Therapy for Skin Cancer	
Sharla Gayle Patterson MD	Breast Cancer and HRT: What is the Data?	Nelson 104
Rafael Haciski MD	Menopause - Why Do You Need Hormones	
Break, Exhibits 10:10am-10:35am		McSpadden Hall
Break Out Session II 10:35-11:30am		
Gary Swain MD	Semaglutide for Weight Loss: Gamechanger or Just Hype?	Sanctuary
Nancy Tarbell MD	Exercise and Nutrition for the Prevention and Treatment of Cancer and Chronic Conditions	
Lindita Hobdari MD	Heart to Brain: Ignite the Spark for a Fit, Fabulous & Brilliant Mind	Beverly Hall
Lina Sakr MD	Beyond Statins: A Functional Medicine Approach to Cardiovascular Health	
Kristen Dimas MD	Caring for the Caregiver: Health Tips for Women Who are Caregivers	Nelson 207
Christie McGee MD	Hearing Loss, Nasal Drainage, and Voice Changes with Age: How Your ENT Can Help!	
Elizabeth Arguelles MD	It's All in the Family: Genes and Breast Cancer	Nelson 104
Ariel Pollock MD	It's About More than Survival: Radiation for Breast Cancer	
Break, Exhibits 11:30am-11:50am		McSpadden Hall
Break Out Session III 11:50am-12:45pm		
Courtney Bell MD	Fact or Fiction: Common Questions About Hip and Knee Arthritis	Sanctuary
Matthew Levitsky MD	Gender Specific Implants in Hip and Knee Replacement: Do They Matter?	
Alexandra Grace, DO	Controlling the Go: Constipation and Incontinence	Beverly Hall
Shardul Nanavati MD	The Basics of Esophageal Disorders in Youth and Maturity	
Kathleen Marc MD	The Art and Science of Biostimulation in Aesthetics	Nelson 207
Tulay Darstek MD	Successful Aging: Preventive Care to Enhance your Health and Longevity	
Kathryn Tapper MD	You Are Greater Than Your Diagnosis: Steps to Living Well with an Illness	Nelson 104
Catherine Kowal MD	Broken Bones? How Can We Treat Osteoporosis	

More information at <https://conta.cc/47lmZvy>

Program subject to change