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# Women's Way TO HEALTH

**A FREE COMMUNITY HEALTH EVENT**

Saturday, September 11, 2010

Ala Moana Hotel  
Hibiscus Ballroom  
410 Atkinson Drive  
Honolulu, HI

Video Conference at  
Pali Momi Medical Center and Wilcox Health

*Powered by Health*



## Aloha!

Hawai'i Pacific Health invites you to "Women's Way to Health", a free community health event, on Saturday, September 11, 2010 at the Ala Moana Hotel, Hibiscus Ballroom.

The Hawai'i Pacific Health Women's Centers include the Kapi'olani Women's Center located in Honolulu at the Artesian location, Pali Momi Women's Center located at Pali Momi Medical Center in Leeward, Oahu, and the Wilcox Health Women's Center (opening Fall 2010 at Wilcox Memorial Hospital on Kaua'i). Our women's health experts encourage you to take an active role in your health by providing screening, treatment, and health and fitness programs to address a woman's unique health concerns, all in a beautiful setting.

To promote women's health awareness, our Planning Committee has organized an informative program with expert speakers covering breast health, diabetes, osteoporosis, heart disease and perimenopause.

The program will be available via video conference at both Pali Momi Medical Center and Wilcox Memorial Hospital, both affiliates of Hawai'i Pacific Health.

To register, please complete the registration form and return it to Hawai'i Pacific Health Conference Services, or call (808) 522-3469 for more information. Advanced registration is recommended due to limited seating.

We hope to see you on Saturday, September 11.

Sincerely,

Laura Peterson, MD  
Program Chair, Women's Way to Health



Conference Services  
1100 Ward Avenue, Suite 1045 | Honolulu, Hawai'i 96814

Join us on Saturday, September 11<sup>th</sup> for  
a Free Community Health Event on...

Women's Health

# Women's Way TO HEALTH

## FACULTY



**Stephen Bradley, MD**  
Bariatric Medicine Specialist  
Kapi'olani Women's Center



**Bryan Gushiken, MD**  
Breast Radiologist  
Kapi'olani Breast Center



**John Kao, MD, FACC**  
Interventional Cardiologist  
Pali Momi Medical Center



**Marcie Nowack**  
Bone Health Coordinator & Exercise Physiologist  
Kapi'olani Women's Center



**Laura Peterson, MD**  
Surgeon  
Kapi'olani Women's Center



**Bradley Sakaguchi, MD**  
Obstetrics/Gynecology  
Straub Clinic & Hospital



**MODERATOR**  
**S. Kalani Brady, MD, MPH, FACP**  
Director of Education  
Hawai'i Pacific Health Conference Services

## PROGRAM

- 8:00 a.m. Registration
- 8:30 a.m. Welcome and Introduction  
*S. Kalani Brady, MD, MPH, FACP*  
Moderator  
*Laura Peterson, MD*  
Program Chair
- 8:45 a.m. **Breast Cancer Screening and Diagnostics Update**  
*Laura Peterson, MD*  
*Bryan Gushiken, MD*
- 9:15 a.m. **Eating For (Type) 2**  
*Stephen Bradley, MD*
- 9:40 a.m. **Osteoporosis and You**  
*Marcie Nowack*
- 10:00 a.m. Break
- 10:40 a.m. **Women and Heart Disease**  
*John Kao, MD, FACC*
- 11:05 a.m. **Perimenopause: Taking Control**  
*Bradley Sakaguchi, MD*
- 11:30 a.m. Panel Discussion
- 12:00 noon Program Ends

*Hawai'i Pacific Health reserves the right to make any changes to the program.*

## REGISTRATION FORM

Women's Way to Health  
Saturday, September 11, 2010  
Ala Moana Hotel • Hibiscus Ballroom

*Please print.*

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

How did you find out about this program?  
\_\_\_\_\_

Will be attending (*please check one*):

Ala Moana Hotel – Hibiscus Ballroom

Video Conference at Pali Momi Medical Center

Additional Guests:

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

Will be attending (*please check one*):

Ala Moana Hotel – Hibiscus Ballroom

Video Conference at Pali Momi Medical Center

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

Will be attending (*please check one*):

Ala Moana Hotel – Hibiscus Ballroom

Video Conference at Pali Momi Medical Center

**Mail to: Hawai'i Pacific Health Conference Services**  
**1100 Ward Avenue, Suite 1045**  
**Honolulu, HI 96814-1617**

**Or Fax to: (808) 522-4455**

**Seating is limited.** Mail or fax your registration form. After Friday, September 3, 2010, if space is available, phone registrations will be accepted by calling Hawai'i Pacific Health Conference Services at (808) 522-3469.

If you require special accommodations due to disability, call (808) 522-3469 by Friday, September 3, 2010.