

# The Littlefield Women's Health Public Forum

W I N T E R / S P R I N G 2 0 0 9

The Littlefield Women's Health Public Forum, an educational initiative serving community audiences, features speakers from an array of medical disciplines, thereby providing a comprehensive look at those health issues of most importance to women.

This free series, produced by the Stanford University School of Medicine's Women's Health Program, takes place monthly, September through May.

DATE	SPEAKER	TOPIC / DESCRIPTION
<b>Wednesday, January 21, 2009</b> Christopher Gardner, PhD		<b>Solution to the Omnivore's Dilemma ... Best Food Sources for Optimal Health</b> Many of us currently face the dilemma of being overwhelmed by choices of "what to eat." These choices, coupled with the often indecipherable barrage of health claims and health warnings, can leave us emotionally and mentally drained: low-carb, low-fat, high-protein, omega-3 (flax or fish?), trans fats, high fructose corn syrup, glycemic index (or is it glycemic load?). Christopher Gardner, a PhD nutrition scientist and associate professor of medicine from the Stanford Prevention Research Center, will offer solutions and insights to your dietary conundrums with an engaging blend of scientific and humorous perspectives.
<b>Wednesday, February 18, 2009</b> Jennifer Tremmel, MD		<b>Coronary Artery Disease: A Taste of How Women Differ from Men</b> For over half a century, our understanding of coronary artery disease has been based on male-focused research. It has been assumed that the research findings could be applied equally to women and men, but while the number of cardiovascular deaths steadily declined in men, they steadily increased in women, and this assumption has finally been challenged. Interventional Cardiologist, Dr. Jennifer Tremmel, will give an overview of the ever-growing body of scientific data demonstrating differences between women and men, from risk factors to presentation and from diagnosis to treatment and outcomes.
<b>Thursday, March 19, 2009</b> Leah Millheiser, MD		<b>What About Sex? Female Sexuality and Intimacy – Concerns, Across the Lifespan</b> Dr. Millheiser, founding Director of Stanford's Female Sexual Medicine program and one of the country's leading authorities on female sexual function issues, will present research findings, clinical treatment and patient education information pertinent to the many common female sexual function and intimacy concerns experienced by women throughout their lifespan. She will also discuss how some specific diseases and medical conditions can effect sexual function, as well as how her multi-disciplinary Stanford program cares for women with these kind of complaints.
<b>Wednesday, April 22, 2009</b> Marcia Stefanick, PhD		<b>Sex Differences in Physiology and Disease: the Uniqueness of women's Health</b> An important emerging medical perspective is that women and men differ in normal function and their experience of the same disease. The recognition that many diseases present differently in women and men and that many drugs and therapeutical approaches affect women, combined with new insights into sex differences at the cellular level, has forced us to re-evaluate our "knowledge" base and has led to the evolution of "gender-based" medicine.
<b>Wednesday, May 13, 2009</b> Susan Swetter, MD Hayes Gladstone, MD		<b>Your Skin: The Do's and Don'ts for Keeping It Healthy</b> For the first time in decades, all forms of skin cancer, including melanoma – the most deadly, are on the rise in younger women. Increased environmental exposure to sunlight and tanning bed use have been proposed as potential explanations for this alarming trend. In this joint lecture, Stanford melanoma specialist, Dr. Swetter will focus on skin cancer epidemiology in women, causative factors, and preventive measures, and Stanford Dermatology surgeon, Dr. Hayes Gladstone will discuss effective skin protection practices and rejuvenation techniques.

**Time:** 6:30 pm – 7:45 pm (Doors open at 6:00 pm)

**Location:** Frances C. Arrillaga Alumni Center, 326 Galvez St., Stanford Campus (corner of Campus Drive)

**Fee:** Free and open to the public

**RSVP:** [womenshealth@stanford.edu](mailto:womenshealth@stanford.edu) or phone (650) 725-0455



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