



# Speakers Bureau Program at Swedish Covenant Hospital

Swedish Covenant Hospital is a comprehensive healthcare facility providing health and wellness services to the communities of Chicago's North Side. As one of the few independent, nonprofit hospitals in the area, Swedish Covenant Hospital remains focused on its mission of compassionate care. More than 550 physicians join the hospital's nurses and professional staff to strengthen a foundation of excellence established 125 years ago into a tradition that will endure.

The following is a list of categories and topics available for free presentation by Swedish Covenant Hospital medical professionals. If you don't see a specific topic you are seeking listed here, please call our Community Relations Department at (773) 907-3076 to discuss possible options.

#### **Advances in Heart Health**

- Congestive heart failure
- Heart attack and stroke warning signs
- Latest treatment for heart arrhythmias and related conditions
- Leading-edge technology and treatments for cardiovascular disease
- Preventive health guidelines for your heart

#### **Cancer**

- Cooking for prevention
- CyberKnife non-invasive cancer treatment
- Genetic testing
- Leading-edge medical diagnosis and treatments
- Physical and mental health of cancer patients
- The value of screening and early detection
- Top 10 prevention tips

#### **Healthy Mind & Body**

- Advantages of regular exercise
- Long-term benefits of healthy eating to maintain weight
- Massage therapy
- Mental and physical fitness relationship
- Meditation 101
- Nutrition topics (ex. herbs and spices, heart healthy foods, cancer fighting foods, benefits of high fiber, whole grain)
- Stress management
- Traditional acupuncture
- Watsu aquatic therapy

#### **Women's Health**

- Heart-healthy lifestyle habits for women
- Holistic menopause treatments
- Home remedies for health
- Incontinence and pelvic floor conditions
- Natural treatments for depression and mental health
- Natural beauty treatments
- Osteoporosis
- Varicose vein treatments
- Women's health, nutrition and fitness
- Women and cancer

#### **Family Health**

- Asthma and allergies
- Baby food making
- Children and nutrition
- Choosing a healthcare professional
- Coping with food allergies
- Depression
- Developing a household emergency plan
- Healthy tips for summer traveling
- Infant massage benefits
- Physical and mental health for your family
- Planning parent/infant sleep and feeding
- Sleep apnea and other sleep disorders
- Time outs & discipline
- When to go to the Emergency Room

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### Senior Focus

- 10 ways to stay strong as you age
- Aging eye and advanced technology to treat eye disease
- Arthritis and joint pain
- Back pain and back health (including wide range of new treatment options)
- Diabetes management
- Healthy feet
- Home care services
- Joint replacement
- Men's health (including prostate health and treatment options)
- Nutrition guidelines
- Pain management techniques
- Preventing falls
- Sleep health and seniors

### Rehabilitative Medicine

- Balance issues
- Incontinence
- Preventing and treating sports injuries
- Treatments in rehabilitative medicine

### Other Common Topics

- Advanced directives to make your care wishes known
- Changes in Medicare
- Patient rights

For more information on scheduling a free lecture, please call our Community Relations Department at **(773) 907-3076** or visit **SwedishCovenant.org/speakers**.

At Swedish Covenant Hospital, we pride ourselves on being active members of the community. We regularly team up with local organizations and businesses for community events to attract new audiences for both partners and are always on the lookout for new strategic alliances. Below are listed several of our partners in the area.



Swedish Covenant Hospital  
The science of feeling better