

Annual Health Lecture Day scheduled this year for March 23 at UCSD

February 22, 1991

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ANNUAL HEALTH LECTURE DAY TO BE HELD MARCH 23 AT UCSD

The annual Health Lecture Day sponsored by the UCSD Medical Center Auxiliary, scheduled this year for March 23, will incorporate a number of changes.

First, the site. Rather than a San Diego hotel, as in years past, the daylong event will be held in the Price Center on the University of California, San Diego campus. Secondly, the date--a Saturday in place of the traditional mid-week date.

Additionally, underwriting has been obtained so that cost of the lecture-luncheon (and parking) will be only \$10. Another innovation will be the availability of a free shuttle bus tour of the new UCSD east campus medical center complex following the program's conclusion. Also, on-site child care will be offered at a discounted rate of \$10 per child.

Topics for the lecture day will range from mammography to menopause and the middle years. The first lecture, scheduled at 9:30 a.m., is entitled "Mammography in the 90's" and will be presented by Linda Olson, M.D., associate professor of clinical radiology and director of Breast Imaging at the Medical Center. She will discuss refined imaging techniques which use lower doses of radiation but result in better resolution.

"The Body Against Itself: Lupus" will be the topic covered by Harry Bluestein, M.D., professor of medicine. He will talk about current research on lupus and other auto-immune diseases which are caused by a malfunction in the body's defense system, resulting in the body's rejection of its own cells. Robert Nemiroff, M.D., clinical professor of psychiatry, will discuss "Crisis and Growth in Adulthood: The Race Against Time." Nemiroff makes a case for adulthood as dynamic and evolving, as demonstrated through the many stages and tasks of the adult life cycle--intimacy, marriage, parenthood, work, adult play and fantasy.

Following lunch Cynthia A. Stuenkel, M.D., clinical assistant professor of medicine and reproductive medicine, will present an update, "Staying Healthy in the Middle Years--Mind Over Matter," on the natural changes occurring with menopause, the controversy surrounding hormone replacement, and sexuality after menopause.

The bus tour which follows will include stops at the new Shiley Eye Center on the east UCSD campus and the Howard Hughes Medical Institute on the west campus.

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