

# Let's Talk:

## Conversations about Women's Health



### Taking care of your whole self—body and mind—in this time of uncertainty

Taking care of ourselves is something we do deliberately for our mental, emotional, and physical health. Research consistently shows the importance of all types of self-care in preventing and treating disease and in our overall sense of well-being. Please join us for a special online Let's Talk to hear about ways to build strength and resiliency during this time of change and uncertainty. This unique online learning experience aims to provide strategies to thrive both physically and mentally during challenging times.

**Who:** Women and men

**Date:** Thursday, May 14, 2020  
6:00-7:00 p.m.

**Where:** This event will be held virtually. A link to Zoom will be sent to you upon registration.

**Cost:** This event is free of charge

**RSVP:** Please register by noon on May 14, 2020 at [www.cwhr.org](http://www.cwhr.org). For more information, please email [cwhr@cuanschutz.edu](mailto:cwhr@cuanschutz.edu) or call 303-724-0305.

Americans with Disabilities Act: Staff will be glad to assist you with any special needs. If you need sign language interpretation, please contact us at least three business days prior to the virtual event date.

*Let's Talk: Conversations about Women's Health* is a lecture series that educates the community on topics of health. These evidence-based talks provide information that people need to make educated decisions about health for themselves and their families. *Let's Talk* content is uniquely created and presented by a panel of nationally renowned subject matter experts, physicians, and researchers.

Presented by the  
Center for Women's Health Research

#### AGENDA

6:00 p.m. Welcome  
**Judy Regensteiner, PhD**  
Director, Center for Women's Health Research

6:05 - 6:15 p.m. **Rebecca Scalzo, PhD**  
*Little fires everywhere: A CWHR researcher's thoughts on work and life during the COVID-19 crisis*

6:15 - 6:30 p.m. **Amy Huebschmann, MD**  
*Managing health and illness in these "safer at home" times*

6:30 - 6:45 p.m. **Helen L. Coons, PhD**  
*Women's mental health and well-being during COVID-19: Resilience for the short and long term*

6:45 - 7:00 p.m. Question and answer panel



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# Speakers



## **Rebecca Scalzo, PhD**

*Little fires everywhere: A CWHR researcher's thoughts on work and life during the COVID-19 crisis*

The COVID-19 crisis suspended the activities of normal life and work including research programs. Dr. Scalzo, a CWHR researcher, will discuss how she has adjusted to this abrupt change professionally and personally.

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Dr. Rebecca Scalzo is an Assistant Professor in the Division of Endocrinology, Metabolism, and Diabetes at the University of Colorado Anschutz Medical Campus. The goal of Dr. Scalzo's research is to better understand how type 2 diabetes impacts women and men differently. She is particularly interested in the effect of diabetes on skeletal muscle, and how exercise can be used as a therapy for those living with type 2 diabetes. Dr. Scalzo's current projects are focused on determining why women with type 2 diabetes fare worse with this disease compared with their male peers. This research is important because understanding sex differences in diabetes will support the development of sex-specific therapies in the future



## **Amy Huebschmann, MD**

*Managing health and illness in these "safer at home" times*

This talk will focus on how to best manage illness symptoms amid COVID-19 restrictions. Dr. Huebschmann will review new data on the dangers of avoiding contact with our health systems due to fear of COVID-19, the great potential and opportunities of telehealth connections with clinics right now, and key wellness approaches to stay healthy.

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Dr. Amy Huebschmann is an Associate Professor of Medicine and lead scientist for community outreach at the Center for Women's Health Research at Anschutz Medical Campus. She is also a primary care physician in the UCHealth's Anschutz Internal Medicine clinic. In her research, Dr. Huebschmann seeks to develop new evidence-based programs to promote healthy behavior. Her overall research goal is to reduce the burden of cardiovascular disease in people with type 2 diabetes by overcoming barriers to physical activity and by controlling cardiovascular risk factors such as hypertension and hyperlipidemia. Over the last nine years, Dr. Huebschmann has been funded to conduct this research by the National Institutes of Health.



## **Helen L. Coons, PhD**

*Women's mental health and well-being during COVID-19: Resilience for the short and long term*

Women across the lifespan face varied and difficult challenges during COVID-19. This presentation will review the impact of the pandemic on women's mental health and well-being as well as strategies to sustain and build our resilience in the short and long term.

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Dr. Helen L. Coons is a board-certified clinical health psychologist and a national leader in women's health and mental health and psychosocial oncology. Dr. Coons has over 25 years of professional experience with women and families coping with physical, mental health and psychosocial challenges, collaborating with health care providers and providing consultation on women's health and mental health care at the national level. From 2000-2018, Dr. Coons was President and Clinical Director of Women's Mental Health Associates, in Philadelphia and then Denver. From 1999-2014 and again from 2015-2018, her practice rotated to women's multispecialty, primary care, obstetrics and gynecology, reproductive endocrinology, urogynecology, pelvic pain and oncology settings. Currently, Dr. Coons is a Visiting Associate Professor and Clinical Director, Women's Behavioral Health and Wellness Service Line, Department of Psychiatry at the University of Colorado School of Medicine. She is also the Co-Director, Women's Sexual Health Consultation Service, CU Medicine. Dr. Coons specializes in the collaborative care of women across the lifespan with physical, mental health, relational, sexual, family and professional concerns. She routinely cares for women with menopause related sleep, mood, weight and sexual changes.