

Let's Talk:

Conversations about Women's Health



Inside and out: Understanding important parts of the body and what they mean for your health

Join us at the next Let's Talk event to learn about our skin, the largest organ in our body; the intricacies of the spine as it ages; and the function and care of key digestive organs in the body: the liver, gall bladder, and pancreas. Although vitally important to our health and well-being, we don't often think about these organs and structures until we experience a painful condition or unexpected problem. Don't miss this opportunity to learn from renowned experts in dermatology, surgery, and orthopedics who will share their extensive knowledge and answer your questions while adding the unique perspective of sex differences and women's health offered by *Let's Talk: Conversations about Women's Health*.

Who: Women and men

Date: Thursday, December 12, 2019

Where: UHealth - University of Colorado Hospital
Bruce Schroffel Conference Auditorium
Anschutz Inpatient Pavilion 2
12505 East 16th Avenue
Aurora, Colorado 80045

Cost: \$10 per person (includes light dinner)

Parking: Free valet parking will be available - instructions to follow

RSVP: Please register by December 9, 2019 at www.cwhr.org.
For more information, please contact Nan Oudet at
303-724-9179

AGENDA

5:15 - 6 p.m. Registration and light dinner

6 - 6:30 p.m. **Sabrina Newman, MD**
The Truths about Your Skin and How to Care for It

6:30 - 7 p.m. **Ana Gleisner, MD, PhD**
Liver, Gall Bladder, and Pancreas: More than Just Accessories

7 - 7:30 p.m. **Evalina Burger, MD**
Back Pain and Birthdays: A Smorgasbord of Pathologies

7:30 - 8 p.m. Question and answer panel

8 p.m. Adjourn

Americans with Disabilities Act: Event staff will be glad to assist you with any special needs. If you need sign language interpretation or CART, please contact us at least three business days prior to the meeting 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.



Speakers



Sabrina Newman, MD

The Truths about Your Skin and How to Care for It

Good skin care can often be confusing. Dr. Newman will debunk skin care myths and share skin care tips. She will also discuss the effects of medications and maturity on your skin.

Dr. Sabrina Newman is Assistant Professor of Dermatology at CU School of Medicine, Director of Inpatient Dermatology Consult Service, and co-Director of the multidisciplinary rheumatology-dermatology clinic. She obtained her medical degree from Georgetown University School of Medicine and is a member of the Alpha Omega Alpha Medical Honor Society. Dr. Newman completed a combined Dermatology-Internal Medicine residency at Georgetown University and is board-certified in dermatology and internal medicine. She leads the telemedicine initiative for the Department of Dermatology, and through her volunteer work, is committed to improving timely access to dermatologic care. She is dedicated to a clinical practice in complex medical dermatology with a focus on cutaneous drug eruptions and inpatient consultative dermatology.



Ana Gleisner, MD, PhD

Liver, Gall Bladder, and Pancreas: More than Just Accessories

The liver, gall bladder, and pancreas play an important role beyond digestion yet they are often regarded simply as accessories to digestion. Dr. Gleisner will discuss the critical function of these organs as well as common diseases that affect them.

Dr. Ana Gleisner is an Assistant Professor of Surgery. She obtained her medical degree from Universidade Federal de Rio Grande do Sol and completed her residency at the Saint Louis University School of Medicine followed by a fellowship in complex surgical oncology the University of Pittsburgh Medical Center. Additionally, she holds a doctorate degree in medical sciences. In 2015, she joined the Department of Surgery, Division of Surgical Oncology at the University of Colorado School of Medicine. Her specialty areas include biliary, gastrointestinal, and liver surgery.



Evalina Burger, MD

Back Pain and Birthdays: A Smorgasbord of Pathologies

How do you know if back pain is short term, age-related, or something else? What are red flags in back pain? Dr. Burger will share her expertise on back issues and explain new technologies and advances in back surgery.

After obtaining her medical degree with honors in South Africa, Dr. Evalina Burger became a captain in the South African Defense Force Medical Corp where she treated injuries of war and mine explosions. Following residency, she dedicated her career to spine surgery and received national acclaim as the first female surgeon to be named a prestigious ABC fellow. She was recruited to Louisiana State University in 2001, and in 2006, she joined the University of Colorado Department of Orthopedics where she founded the Adult Spine Unit. She has won numerous awards for her research and has received international recognition for her work on thermoplastic behavior of metal rods and on the advantages of disk replacement. After serving in various leadership positions in the department, she became the first recipient of the Robert d'Ambrosia Endowed Chair in Orthopedics.