



FEBRUARY **FREE** health seminars

Join Parker Adventist Hospital for a series of **FREE** health seminars throughout the winter. All seminars are held in the Inspiration Room of the Parker Hospital Conference Center, located on the hospital's garden level at the west entrance. A light lunch is served during daytime programs, and light snacks are served during evening programs. **Registration is required for all seminars by calling 303-777-6877, option 1.** Guests are encouraged to park on the west side of the hospital for direct access to the conference center.

WEIGHT LOSS

Wed, Feb 8 | 6:30–8 p.m.

Join Matthew Metz, MD, bariatric medical director, to get answers about weight loss surgery. Learn about the lap-band, gastric bypass and sleeve surgical procedures, hear patient stories and learn if you are a candidate.

THE AGING HEART

Tue, Feb 14 | noon–1:30 p.m.

Growing older not only affects the outside of your body, it also affects the inside. Join Joan Eldridge, MD, cardiologist, to find out how the heart changes as you age and steps to protect your heart.

NEW YEAR, NEW YOU

Tue, Feb 21 | 6:30–8 p.m.

A new year presents the opportunity to get the latest health tips and up-to-date information. Join Linda Tetor, MD, family practice doctor, as she discusses the latest tips on diet, recommended screenings, supplements, and more.

BACK PAIN

Thu, Feb 23 | 6:30–8 p.m.

Learn about minimally invasive spine surgery and other types of procedures to treat back pain with orthopaedic spine surgeon Zaki Ibrahim, MD.

**Parker
Adventist Hospital**



9395 Crown Crest Blvd., Parker, CO 80138

parkerhospital.org

FREE CHOLESTEROL TEST

Get a complete cholesterol profile, including HDL, LDL, and triglyceride levels at Parker Hospital on **Feb. 17 from 7-10 a.m.** Screenings are limited to the first 500, and a reservation is required. Call **303-777-6877**, option 1, to schedule your **FREE** test. Fasting is required.

\$99 HEART SCAN

If you have one or more risk factors for heart disease, you may want to consider a coronary artery calcium screening. This noninvasive CT scan measures the level of calcified plaque buildup in your arteries. **Normally \$333, Parker Hospital is offering this scan for \$99 from Feb. 20–March 16.** A physician's referral is not required, but results must be sent to a doctor. To schedule a scan, call **303-269-4500.**





MARCH FREE health seminars

Become more body-wise with the experts at Parker Adventist Hospital. All seminars are held in the Inspiration Room of the Parker Hospital Conference Center, located on the hospital's garden level at the west entrance. A light lunch is served during daytime programs, and light snacks are served during evening programs. **Registration is required for all seminars by calling 303-777-6877, option 1.** Guests are encouraged to park on the west side of the hospital for direct access to the conference center.

COLON CANCER

Tue, Mar 6 | noon-1:30 p.m.

Colon cancer screenings save lives, but which one is right for you? Join Miranda Ku, MD, gastroenterologist, as she discusses the different options and when screenings should begin.

HIP REPLACEMENT

Thu, Mar 8 | noon-1:30 p.m.

Orthopaedic surgeon Scott Resig, MD, discusses a new anterior approach to hip replacement that is less painful and provides quicker recovery.

WEIGHT LOSS

Wed, Mar 14 | 6:30-8 p.m.

Join Matthew Metz, MD, bariatric medical director, to get answers about weight loss surgery. Learn about lap-band, gastric bypass and sleeve surgical procedures, hear patient stories and learn if you are a candidate.

ACHING KNEES

Tue, Mar 20 | 6:30-8 p.m.

Learn the latest in knee pain treatment, including custom knee replacement, with Parker Hospital's medical director of joint replacement, Derek Johnson, MD.

SKIN CANCER

Thu, Mar 22 | 6:30-8 p.m.

Get a FREE skin check and learn how to recognize the early symptoms of skin cancer with Leslie Capin, MD, dermatologist.

\$99 HEART SCAN
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p a r k e r h o s p i t a l . o r g

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