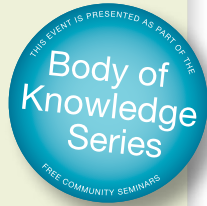


March Health Seminars

Make an appointment with the experts at Parker Adventist Hospital to become more body-wise. **All seminars are FREE but require registration by calling 303-777-6877, ext. 1.** All seminars will be held in the **Inspiration Room at the NEW Parker Adventist Hospital Conference Center**, located on the garden level of the hospital at the west entrance. A light lunch is provided for noon seminars and light snacks for evening programs.



Joint Replacement

Wed, March 9 // 6:30–8 p.m.

Learn about the latest in joint replacement—completely customized joints made just for your body. Join orthopaedic surgeon Derek Johnson, MD, to discuss these new joints as well as the latest in pain relief techniques.

Weight Loss Surgery

Wed, March 16 // 6:30–8 p.m.

Join Matthew Metz, MD, medical director of bariatrics at Parker Hospital, for a look at the surgical and medical approaches to weight loss. Learn the options, including gastric bypass and lap band surgeries, and whether you may be a good candidate.

Colorectal Cancer: From Prevention to Treatment

Thurs, March 24 // Noon–1:30 p.m.

Colorectal cancer is the second leading cause of cancer-related deaths, yet among the most treatable of all cancers if caught early. Join colon and rectal surgeon John Sun, MD, to learn how to reduce your risk and how a simple but rarely used test can save your life.

Portercare Adventist Health System

**Parker
Adventist Hospital**



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Preventing and Treating Strokes

Thurs, March 31 // Noon–1:30 p.m.

Did you know that 80 percent of strokes can be prevented? Join neurologist Ravi Shah, MD, to learn stroke prevention, the warning signs of a stroke and treatment. Learn why getting help F.A.S.T. is critical.

strength

compassion

hope

innovation

Baby Blues *1 in 10 moms feels postpartum depression*



Dr. Susan Lee


Giving birth is a joyful experience, but it can make a new mom feel overwhelmed, stressed and even sad. About three-quarters of women will experience the “baby blues” within the first few days after delivery, but those feelings typically disappear within four weeks,

says Susan Lee, MD, an obstetrician with Parker Adventist Hospital.

Postpartum depression, which affects about 10 percent of new moms, can last much longer—up to a year—and produce more severe symptoms. Symptoms can include:

- Guilt or feelings of worthlessness
- Fatigue, lack of interest in normal activities, sleeping too much or too little
- Lack of interest—or over-concern—for the baby

“Women produce lots of hormones during pregnancy, including hormones that create euphoria, so when those stop being produced, a woman’s body reacts and can cause depression,” Lee says

Postpartum depression is not typically a lifelong condition, Lee says, but it does require treatment, which may include medications and/or counseling. 

The BirthPlace at Parker Hospital rates in the top 99th percentile for mom satisfaction!

Learn more, take a virtual tour or schedule an in-person tour at parkerhospital.org/birthplace.



SUPPORT GROUP: Mental Health
America of Colorado offers a free support group for moms with postpartum depression.
Call 720-208-2220.

PHOTO: WOMAN ©ISTOCKPHOTO.COM/ROBERT WIESCHKE