

friends
of St. Luke's

✝ St. Luke's



Dine with the Docs

Thursday, August 24, 2023

Program starts promptly at 5:30 p.m.

St. Luke's Hospital

Institute for Health Education

The Friends of St. Luke's invite you to join us for dinner and a roundtable discussion on one of several healthcare topics for men and women. Please register online with your topic choice by August 10 at stlukes-stl.com/development. Seating is limited.

For more information, contact the Office of Development at (314) 576-2345 or vicki.washington@stlukes-stl.com.

The Institute for Health Education is located at 222 South Woods Mill Road, Chesterfield, MO 63017, on the St. Luke's campus. Complimentary parking is available in the North/South Parking Garage.

A. Big Step Forward

*Shari L. Kaminsky, D.P.M.
Podiatrist*

It is hard to take the next step in your life when foot pain has you off your feet. Discuss mechanical and non-mechanical factors associated with foot pain and learn how to bring the spring back in your step.

B. Good Night, Sleep Tight

*Jamie T. Haas, M.D.
Sleep Medicine*

Although sleep is just as important to our health as exercise and a balanced diet, many people do not get the sleep they need. Get solutions to common sleep issues and learn how to sleep tight.

C. Healthy Heart

Nothing Beats It

*Mark A. Gdowski, M.D.
Cardiologist*

Do you know your risk for heart disease? Learn how to decrease your risk while discovering tips for heart disease prevention and the latest in cardiovascular treatments and living a heart healthy lifestyle.

D. Knowing Your Numbers:

What is Key?

*Gary A. Vickers, D.O.
Family Medicine, Primary Care*

Knowing your blood pressure and cholesterol numbers is a good start, but what else do you need to know to stay healthy? Learn ways to keep you and your family at their optimal health.

E. Let's Get It Off

Our Chest

*Tonya Martin-Dunlap, M.D.
Breast Surgeon*

Early detection is the best medicine. Discuss breast health, tips on getting a mammogram, and other screening options. Also, learn about your breast cancer risk factors, warning signs and symptoms, genetic testing, and treatment options.

F. Roadmap to RA

*Donica L. Baker, M.D.
Rheumatologist*

Are you feeling lost after a diagnosis of rheumatoid arthritis? Get your questions answered about RA while honoring the body, mind and spirit connection in managing chronic pain and fatigue.

G. Secrets to Great

Looking Skin

Anna I. Clark, M.D.

Dermatologist

Even if we can't exactly reverse time, there are things you can do to protect and improve the look of your skin at any age.

Discover how to put your best face forward.

H. Taking Control

of Migraines

Wegdan W. Andrews, M.D.

Neurologist, Neurophysiologist

Recent advances in migraine treatment can put the patient in control and dramatically improve quality of life. Familiarize yourself with triggers, causes, symptoms and a full range of treatment options.

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Seating is limited.

I. Taming Your

Tummy Troubles

Jason R. Taylor, M.D.

Gastroenterologist

Indigestion, abdominal pain and bloating...digestive distress can range from mild symptoms to potentially life-threatening disorders. Learn more about common digestive woes and how to better manage your digestive health.