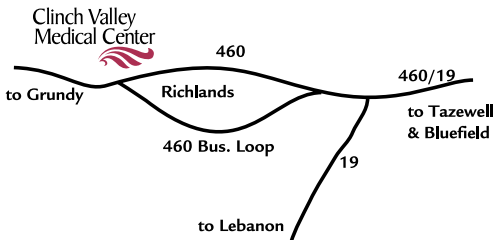


# Speakers Bureau

*Free program  
topics for  
your club or  
organization*



Clinch Valley  
Medical Center



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*HCA Hospitals – Southwest Virginia*

189-0904

Clinch Valley  
Medical Center





The professionals of Clinch Valley Medical Center have a wealth of knowledge on a wide variety of topics, and we love to share the wealth! If your school, club, church or other organization holds regular meetings, our free **Speakers Bureau** service is for you! Give us a call at (276) 596-6017. We'll help you select a topic (*this list is just a sampling*) and will arrange for a speaker to visit your community group.

## DISEASES & CONDITIONS

### Back Pain

- ❑ **Oh, My Aching Back!** Anyone who's ever experienced back pain knows how excruciating and debilitating it can be. This program features exercises and principles that help prevent back injuries, and tips on easing the pain of an aching back.

### Cancer

- ❑ **Breast Cancer Early Warnings.** Regular breast X-rays and monthly self-exams can help detect breast cancer when it's small and most treatable. This program explains the signs and symptoms to watch for, and includes a hands-on demonstration, using special breast forms, that shows what a breast lump may feel like. Men and women will benefit from this talk.
- ❑ **High Tech + High Touch = CVMC Cancer Care.** Sometimes we fail to see what's in our own backyard -- such as cancer treatment tools that are among the world's most advanced. This program gives an overview of the comprehensive cancer care available right here in Tazewell County, including image-guided radiation therapy and state-of-the-art diagnostics.

### Childhood Development

- ❑ **Acting Their Age.** Speech or language delays, swallowing disorders, difficulty with fine motor skills -- as parents, we all have questions from time to time about our child's development. This program offers guidelines on when to seek a professional opinion, as well as an overview of treatment options available for children from birth through age 21.

### Diabetes

- ❑ **Diabetes & Your Heart.** Heart disease is a serious complication of diabetes, but there are things you can do to help protect yourself and the people you love. This program offers preventative tips and signs to watch for.

### Emergency Services

- ❑ **Is It an Emergency?** Some of us go to the Emergency department when a visit with our family doctor would have been the better option. And some resist going to the ED even in a true emergency, putting lives at risk. How do you decide if it's an emergency? This program offers guidelines.

### Heartburn

- ❑ **"Just" Heartburn? Think Again.** Many people ignore chronic heartburn, believing it's something they just need to live with. Such thinking needlessly prolongs discomfort, but it can also lead to a much more serious condition. This program explores the causes, diagnosis and treatment of heartburn, including the sophisticated use of endoscopy.

### Heart Health

- ❑ **How Do You Mend a Broken Heart?** Heart disease is a scary diagnosis, but fortunately today more people than ever survive it. This program talks about the tools available -- from prevention and diagnosis to treatment and rehabilitation -- to help keep your heart healthy and strong.

*continued inside...*

# Clinch Valley Medical Center

— *Speakers Bureau* —



## Lung Conditions

- ❑ **Breathe Easy.** In its special Winter 2003 healthcare issue, *Money* magazine reported CVMC is one of the Top 25 hospitals in the country for treatment of COPD, or chronic lung disease. This program explains how we earned the distinction, and what it means to you and your family.

## Osteoporosis

- ❑ **Protect Yourself from Brittle Bone Disease.** Osteoporosis is a debilitating disease that weakens bones, making us more susceptible to breaks and other injuries. When caught early, there are steps you can take to prevent further bone loss. This program can also include a free bone screening test during your meeting.

## Rehabilitation

- ❑ **PT Can Put You Back on Your Feet.** Recovering from surgery or an injury can be a long, slow and painful process. This program explains how a customized physical therapy program can help speed recovery times and get you back to doing the things you love.

## Sleep Disorders

- ❑ **What's Your Snore Score?** Does your partner snore? Do you wake yourself up with a loud, sudden snort? These nighttime noises are more than annoying, they may be alerting you to a serious, underlying medical cause. This program explains the services offered by CVMC's Sleep Lab, and offers a brief quiz to help you learn your snore score.

## Speech/Language

- ❑ **What's That You Say?** Talking is a major form of communicating with others, so it can be very frustrating (at the very least) to have trouble speaking. This program gives an overview of the therapeutic options available to children and adults.

## PATIENT SERVICES

### Advocate

- ❑ **You've Got a Friend.** When you have a question, it's nice to know someone who can find the answer. Our Patient Advocate makes sure you always have someone you can call -- privately and confidentially -- when you have a question, comment, concern or suggestion. This program explains her role, and how she can help.

### Discharge Planning

- ❑ **You're Being Discharged -- Now What?** Just because you're being discharged from the hospital doesn't mean you're "all better." This program explains the services offered by the hospital's Discharge Planning department and how it can help make sure you have everything you need to continue your recovery at home.

### Privacy

- ❑ **HIPAA and You.** HIPAA (Health Insurance Portability and Accountability Act) provides the nation's first-ever standards for protecting the privacy of your personal health records. Find out what it means for you and people you know, plus the benefits (and frustration) it brings.

### Safety

- ❑ **How Safe is Your Hospital?** Nearly every week the national news reports of patients receiving the wrong medicine or having the wrong surgery. This program outlines the different measures we take to make sure your hospital stay is safe and successful. For example, CVMC is one of the first hospitals in the country to use bar code technology for medication safety.

### Satisfaction

- ❑ **Are You Very Satisfied?** At CVMC, we're serious about making your time here as pleasant as possible. This program tells about our investment in patient satisfaction, how it's measured, what we've learned from you and how we're working to be the best hospital anywhere.

## STAYING HEALTHY

### Sports

- ❑ **Wellness for Weekend Warriors.** Are you a Weekend Warrior, someone who works at a sedentary job all week only to push your body hard during weekend play? Tennis, hiking and other high-energy sports can cause injury when your body is unprepared, and this program offers guidelines you should follow to stay healthy and active.
- ❑ **Is Your Female Athlete at Risk?** One of the most common injuries to high school female athletes is a tear of the anterior cruciate ligament (ACL). Softball, basketball, soccer, track and cheerleading are among the sports that strain the ACL, an important stabilizer of the knee. This program discusses exercises designed to help reduce the risk of injury.

## MORE TOPICS OF INTEREST

### Billing

- ❑ **Your Hospital Bill: What You Should Know.** It is in your best interest to understand your hospital bill and what your insurance does and does not cover. This program explains how to read a hospital bill and answers frequently asked questions about hospital billing procedures.

### Careers

- ❑ **Is a Healthcare Career in Your Future?** The government has identified healthcare as one of the four sectors that accounts for the majority of job growth. This program discusses the variety of careers available in healthcare, and offers students age 14 and older the chance to spend time on the job with a healthcare professional.

### Internet Resources

- ❑ **Find It On-line.** The Internet offers information on any topic you can think of: But how do you know the information is accurate? You want to be sure you can trust what you find online, especially when it comes to your health. This program shows you how to navigate the over 20 million pages of health and medical information available on ClinchValleyMedicalCenter.com.

### Living Will & Power of Attorney

- ❑ **Do I Need a Living Will?** Two questions you're asked when you register as a hospital patient are: Do You have a Living Will? Do you have a Durable Power of Attorney? This program tells you what these things are, why you should consider having them, and how to make sure your wishes are respected.

### Organ & Blood Donation

- ❑ **Giving the Gift of Life.** Modern medicine unquestionably saves lives, but it has its limitations. Blood and organ donation remain critical, life-saving gifts that one person gives another. This program explains blood and organ donation, how you become a donor, and why it's important that your family understand your wishes.

### Visiting

- ❑ **Are You a Good Visitor?** Most patients welcome your visit, and your presence can even help speed recovery time. However, rest and therapy are important for hospitalized patients, so it's important that you know and understand the rules of visiting. This program offers guidelines for being a good visitor, and answers some frequently asked questions.

### Volunteering

- ❑ **Do You Have Time and Talents to Share?** Studies have shown that people who keep busy after retirement live longer, healthier lives. Here at CVMC, our volunteers -- from teenagers to golden agers -- tell us they get back more than they give. Find out about the volunteer opportunities available at CVMC, plus the perks that come with the job.



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***For information or  
to schedule a speaker  
please call (276) 596-6017***

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