



Society of
Women Engineers

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Southeast Region D

Charlotte-Metrolina Section, D-002

Event Report

Women's Health Meeting: "Your Health: Focus on Wellness"

19 March 2010

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1. Event Name

Women's Health Meeting: "Your Health: Focus on Wellness"

2. Event Date & Time

March 19, 2010; 6:30pm

3. Event Location

Bob Evans Restaurant, 9253 STATESVILLE RD, CHARLOTTE, NC 28269

4. Event Coordinators

L. Simpson and Chris Cathcart

5. Attendance

Number of Members present: 5

Number of Non-members present: 4

6. Event Sponsors & Donations

Sponsors of the event are listed with their donations in Table 1 Event Sponsors & Donations:

Table 1 Event Sponsors & Donations

Event Sponsor	Donation

7. Awards/Door Prizes & Recipients

Awards and Door Prizes that were given at the event are listed with their recipients in Table 2 Awards/Door Prizes & Recipients:

Table 2 Awards/Door Prizes & Recipients

Award/Door Prize	Recipient

8. Income & Expenses

Income, other than donations, that was received or collected for or at the event is listed in Table 3 Event Income:

Table 3 Event Income

Item	Amount	Receipt Remitted? (Yes/Pending)
	\$	
	\$	



Expenses, other than awards or door prizes, that were incurred for or at the event are listed in Table 4 Event Expenses:

Table 4 Event Expenses

Item	Amount	Receipt Remitted? (Yes/Pending)
	\$	
	\$	

9. Event Description

Written in the format of a newsletter article.

The topic for the meeting was Osteoporosis Symptoms and Prevention. Mary Rachui, an RN and Women's Health Nurse Practitioner presented the program. Mary works with Presbyterian Hospital in the Women's Health Education Program.

Mary covered the definition of osteoporosis and gave us information about other diseases that are similar and usually lead to osteoporosis. Each attendee received a folder with information and several flyers on bone density and how to increase and/or maintain good bone density. The key items she covered were the need to increase calcium intake since your body quits storing calcium around age 25. She covered the different types of calcium and suggested we talk with our doctors about which type is best for us.

Mary discussed the types of testing available for bone density which is used for the diagnosis of Osteoporosis. Again, she asked us to check with our doctors to determine which test is best for each of us.

Different factors influence the probability of developing osteoporosis. The build of your body is one factor that surprised most of us at the meeting. A slender build is more likely to develop osteoporosis than a stocky build. Heredity influences this as well, if Mom has it most likely you will have it. But most of all diet and exercise influence this most. A healthy diet with a good exercise routine that includes weight bearing activity is best.

Overall Mary encouraged us to continue to educate ourselves on different health issues and was pleased to help in any way she could.

10. Lessons Learned

Things that went well and things that we could do better next time.

11. Contact Information

For future planning.

Mary Rachui, Manager, Women's Health Education, 704-384-7511, mirachui@novanthealth.org
21_Photos: N/A

12. Photos

Have the photos taken at event been uploaded to Section's Flickr account?

Yes

Not yet

None taken

Photos will be uploaded by date .

