

## Directions to Seminar

### Address for GPS and Internet Directions:

Allegheny General Hospital  
320 East North Avenue  
Pittsburgh, PA 15212

*\*Parking fee is included in the registration fee.*

### From the West:

Follow US 22 to I-279 North towards Pittsburgh.  
Take Exit 1D for East Ohio Street Exit. Follow  
signs for I-279 North/East Ohio Street. Turn left  
on East Ohio Street, then turn right on James  
Street. Parking is located in the parking garage on  
James Street.

### From the East:

Follow US 22 or I-76 West to I-376 West. Take I-  
376 West to Exit 1A (Fort Duquesne Bridge-North  
Shore). Take Exit 1D for East Ohio Street. Follow  
signs for I-279 North/East Ohio Street. Turn left  
on East Ohio Street, then turn right on James  
Street. Parking is located in the parking garage on  
James Street.

### From the South:

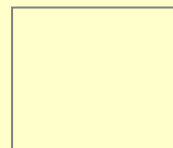
Follow I-79 North to I-279 North. Take Exit 1D for  
East Ohio Street. Follow signs for I-279  
North/East Ohio Street. Turn left on East Ohio  
Street, then turn right on James Street. Parking is  
located in the parking garage on James Street.

### From the North:

Follow I-79 South to I-279 South. Take exit 2B to  
merge onto East Street toward PA-28 North.  
Make a Slight right toward East North Avenue.  
Turn right onto Tripoli Street and then turn right  
on James Street. Parking is located in the parking  
garage on James Street.

Pittsburgh Dietetic Association  
Jamie Serventi, MS, RD, LDN  
PDA COP Chair  
109 College Park Drive  
Moon Township, PA 15108  
Visit the PDA Website at  
[www.eatrightpittsburgh.org](http://www.eatrightpittsburgh.org)

[CUSTOMER NAME]  
[STREET ADDRESS]  
[ADDRESS 2]  
[CITY, ST ZIP CODE]



## Pittsburgh Dietetic Association

### Update on Women's Health Issues



**Friday, October 28, 2011  
12:00 PM – 4:00 PM**

**Allegheny General Hospital  
Kent, Frazier and Burkholder Rooms  
320 East North Avenue  
Pittsburgh, PA 15212**



## Program Objectives

**After attending this workshop participants will be able to:**

- Identify the underlying etiology of PCOS and the symptoms associated with PCOS and long term complications
- Understand the effects of Hyperinsulinemia on PCOS
- Understand lab work needed to monitor PCOS and target interventions to reduce long term complications
- Identify and educate on key supplements to improve and support PCOS and discuss dietary guidelines to manage PCOS
- Familiarize members on the incidence of breast cancer and survivorship
- Understand the impact of nutrition and lifestyle factors in etiology of breast cancer
- Review of current nutrition, exercise and diet guidelines for breast cancer survivors
- Define gestational diabetes
- Identify two complications of gestational diabetes
- Describe the screening/diagnostic procedures
- State the importance of 75 gram glucola postpartum
- Identify three components of a meal plan for gestational diabetes
- Identify two nutrition considerations for the client with gestational diabetes who is vegetarian, pregnant with multiples or has cultural differences
- Review blood sugar logs, and identify ways the client with gestational diabetes can improved blood sugar control

## Program Agenda

**12:00 - 12:30 PM**

Registration with light refreshments

**12:30 - 1:30 PM**

Integrative Nutrition Therapy in the treatment of PCOS

*Christine Doolittle MS, RD, CSSD, LD*

**1:30 - 2:30 PM**

Breast Cancer and Nutrition: Recovery and Survivorship

*Joyce Diacopoulos, RD, CSO, LDN*

*Nutrition Coordinator at Hillman Cancer Center/  
part of the University of Pittsburgh Cancer Institute*

**2:30 - 2:45 PM**

Break

**2:45 - 3:45 PM**

Gestational Diabetes: Diagnosis and Treatment

*Mary Ann Babjak, RN, BSN, CDE*

*Diabetes Nurse Educator, Magee-Women's Hospital  
of UPMC, Out Patient Clinic*

Medical Nutrition Therapy for Gestational Diabetes

*Lea Ann Ostergaard, MS, RD, CDE, LDN*

*Dietitian Specialist, Magee-Women's Hospital of  
UPMC, Maternal Fetal Medicine*

**3:45 - 4:00 PM**

Wrap Up, Questions, Networking

*A request for three (3.0) CPEU credits has  
been made for RD's and DTR's.*

## Event Registration

Visit us online to join PDA and/or to register for the Women's Health Seminar by **Friday, October 21, 2011** at:

[www.eatrightpittsburgh.org](http://www.eatrightpittsburgh.org)

To register via mail please make checks payable to **Pittsburgh Dietetic Association** and mail with registration form to:

Jamie Serventi, MS, RD, LDN  
109 College Park Drive  
Moon Township, PA 15108

**FEES:**

PDA Members = \$40.00

Non-PDA members = \$50.00

Students = \$15.00 (with proof of student status)

**Please include payment with registration**

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

PDA Member\* Yes \_\_\_\_\_ No \_\_\_\_\_

ADA Member# \_\_\_\_\_

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**Registration Information:**

*\*If you are not a member of PDA or another PA District at the time of this mailing, you will be subject to the non-member fee.*

*Cancellation fee: If a return of this registration fee is requested after the deadline due to extenuating circumstances, an administrative fee of 10% will be deducted.*

*Please note - Participants will receive a CEU certificate at the conclusion of the seminar only if/when registration fees have been received.*