



Mirror, Mirror on the Wall: Self-Image & the Challenge for Women & Girls' Wellness

FRIDAY, JUNE 9, 2006

THE PLACE AT INNSBROOK, GLEN ALLEN, VIRGINIA

Hair, eyes, teeth, skin, body size and shape, clothing, accessories—all parts of images that women and girls develop of how they want to look, but often the appearance they seek affects their physical and psychological health. Their appearance may indicate significant medical conditions and the images they see are not necessarily what appear in the mirror. This conference is designed to raise awareness of health issues related to female self-image; the risks of products and procedures women use; and the role of health professionals in identifying wellness concerns and communicating with their female patients.

- 8:00 – 8:40 a.m. **Coffee and registration**
- 8:40 – 8:50 a.m. **Stretch and Relax**
Challie Diebel, American Family Fitness
- 8:50 – 9:00 a.m. **Welcome and Introduction**
Judith Collins, Chair, and Miriam A. Bender, CEO, Women's Health Virginia
- 9:00 – 9:45 a.m. **Shaping What Women See and Want to Be**
Kathleen M. Ingram, J.D., Ph.D., Associate Professor, Department of Psychology,
Virginia Commonwealth University
- 9:50 – 10:55 a.m. **There's More Than Meets the Eye**
Concurrent Sessions
- Lotions, Potions and Other Notions**
Valerie M. Harvey, M.D., Assistant Professor, and Kimberly Scott, M.D., Chief Resident,
Department of Dermatology, Eastern Virginia Medical School
- Something in Her Smile**
Debra Haselton, D.D.S., Associate Professor, Virginia Commonwealth University School of Dentistry
Sonja Lauren, author of *The Covered Smile*
- 10:55 – 11:10 a.m. **Coffee Break**
- 11:10 – 12:45 p.m. **Pencil-Thin or Pear-Shaped—Perilous Paths**
George A. Beller, M.D., Ruth C. Heede Professor of Cardiology and Internal Medicine,
University of Virginia Health System
Alan C. Dalkin, M.D., Associate Professor, Department of Internal Medicine, Endocrinology and
Metabolism, University of Virginia Health System
Anne Alexander, R.D., Ph.D., Associate Professor, Food & Nutrition Program, Radford University
- 12:45 – 1:50 p.m. **Luncheon**
- 1:55 – 3:15 p.m. **Fads and Fashions With Consequences**
Concurrent Sessions
- Nip and Tuck—The Surgical Quest for the “New You”**
Diana Zuckerman, Ph.D., President, National Research Center for Women & Families
John G. Kenney, M.D. F.A.C.S. (invited)
- What's in Style Today May Haunt Tomorrow**
Shepard R. Hurwitz, M.D., Professor of Orthopedic Surgery, University of Virginia Health System
Julia Nunley, M.D., Associate Professor, Department of Dermatology,
Virginia Commonwealth University
JoAnn Wells, R.D.H., Education Coordinator, Virginia Department of Health,
Division of Dental Health
- 3:20 – 3:30 p.m. **Stretch and Energize**
Shannon Ryan, American Family Fitness
- 3:30 – 4:30 p.m. **Building Self Image: Healing and Wholeness**
Margaret Michael, Director, Image Recovery Center, Rockingham Memorial Hospital
Wendi El-Amin, M.D., Assistant Professor, Department of Family Medicine,
University of Virginia Health System

The cost of the conference, including luncheon, parking, materials and continuing education credits is \$65 until May 10, \$75 after May 10; \$40 for students.

Women's Health Virginia is applying for Nursing Contact Hours to be approved by the Virginia Nurses Association, CHES continuing education contact hours from the Virginia Department of Health, and continuing education credits from the National Association of Social Workers and Virginia Dietetic Association for this conference.

Register by mail or online with a credit card at www.womenshealthvirginia.org/programs.html

WOMEN'S HEALTH VIRGINIA is a non-profit organization dedicated to promoting and improving the health and well being of women and girls in Virginia through education, information and research. Using a multidisciplinary approach, WHV brings together diverse people and organizations concerned about women's and girls' health.

The WHV Annual Conference is an opportunity for a cross-section of Virginians with varied personal and professional backgrounds—including health care professionals and consumers—to share ideas and develop ways to address the health needs of women and girls.

WOMEN'S HEALTH VIRGINIA is unique as a non-governmental statewide women's health initiative. It benefits from limited government funding but relies on private financial support. For further information about Women's Health Virginia or the conference, e-mail mail@womenshealthvirginia.org or call 434-220-4500.