

Healthy Words of Wisdom Lectures

Shoenberg Theater, 10 a.m. to 2 p.m.

All lectures will be interpreted in American Sign Language (ASL).

10 a.m. “Understanding Your Risk of Hereditary Cancer”

Jen Ivanovich, Washington University Genetic Counselor

Hereditary cancer is a cancer risk that is passed on in a family. Now there are tests that can reveal possible predispositions to certain cancers, but is this testing for everyone? If you have a family history of cancer, join us for a discussion about the latest advancements in risk assessment and genetic testing that may be helpful when making medical decisions about how to manage your health.

11 a.m. “Ethnobotany – Plants for Your Health”

Rainer Bussmann, Ph.D

Learn about ethnobotany and medicinal plants from Dr. Rainer Bussmann, Director and Curator at the William L. Brown Center for Plant Genetic Resources at the Missouri Botanical Garden. Dr. Bussmann will discuss ongoing research in the field of ethnobotany. After the presentation, Dr. Bussmann will lead participants on a tour of medicinal plants in the Climatron.

12 p.m. “Live Life Aware: How to Stay Healthy & Avoid Cancer”

Graham Colditz, M.D. and Kate Wolin, Sc.D.

From vegetables to caffeine, the media headlines bombard us with tips on how to prevent or even cure cancer. But will lifestyle changes really affect our chance of getting cancer? Join Washington University physician Graham Colditz, M.D. and Kate Wolin, Sc.D., Epidemiologist, as they discuss myths and realities around cancer prevention and treatment, and offer the 8 most powerful steps each of us can take to stay healthy and fight diseases including diabetes, cancer, and heart disease.

1 p.m. “Science of Dark Chocolate”

Terry Wakefield, Chief Chocolatier, Bissinger’s Handcrafted Chocolatier

Wonderful news about our favorite food—it’s good for us in so many ways! Terry Wakefield, a food scientist and Chief Chocolatier at Bissinger’s, will discuss the origins of chocolate and how it is made. Learn how he applies science to chocolate and experience what the taste of a fine chocolate can do for you!

2 p.m. “Wildly Light & Lusciously Low Fat!”

James Fleshman, M.D. and Dotti Durbin, RD, LD, CDE

Colorectal cancer is the third most commonly diagnosed cancer and the second leading cause of cancer death in both men and women in the United States. Join Washington University physician, James Fleshman, M.D. as he discusses prevention, detection, and the latest advances in treatment at the Siteman Cancer Center. Enjoy a high fiber recipe sample as Registered Dietitian and Certified Diabetes Educator, Dotti Durbin, explains the importance of a high-fiber diet in cancer prevention and overall wellness.