

## NOTED EXPERTS TO ADDRESS COMMON HEALTH QUESTIONS

# SCHD, FHN Partner to Present Health Forums

**Should I  
feed my baby  
organic food?**

**Am I at risk  
for Zika virus  
disease?**

**Are there valuable  
medicinal uses for  
marijuana?**

These are just some of the many questions that will be discussed by a series of health experts scheduled to present at the upcoming *Community Health Forum series*, sponsored by the Stephenson County Health Department and FHN.

The monthly series beginning in April will cover the latest research on a number of contemporary health issues from food fads and the metabolic syndrome (sources that can lead to diabetes, heart disease, and stroke) to chemicals in the environment that can result in endocrine (hormone) abnormalities and how to negotiate the healthcare system. In addition to addressing health topics of concern, speakers also will suggest practical ways to decrease risk of illness and to improve the overall health of individuals and of the community.

Each talk will be moderated by Alan Wenzel to encourage interaction with the audience, and will allow ample time for discussion.

All sessions will begin at 6:30 p.m. at the Freeport Public Library, 100 E. Douglas St. Refreshments will be served. **Hope to see you there!**



### **Tuesday April 10 Food Fads and Fables**

*Are organic foods healthier than conventionally produced foods? Are genetically modified foods (GMOs) bad for us? What are the benefits of raw food diets for people and pets? Are there antibiotics and hormones in our food? These are just some of the questions and concerns that Dr. Jack Herrmann will address, using the best evidence from current research.*

### **Tuesday May 8 Mosquitoes, Microbes, and Me**

Given all of the media coverage of dread diseases such as Ebola, Zika and the pandemic flu, *what are the risks of contracting any of these? When should we worry?* Dr. Yvette Johnson-Walker will present the latest research on which contagious diseases we should worry about and which we shouldn't.



### **Tuesday June 12 Cancer, Cognition, and Exercise**

Drs. Mike Perry and Jack Herrmann will present the latest evidence on the importance of exercise to mitigate cognitive decline in middle age and prevent cancers of various types.

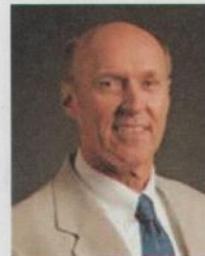
### **Tuesday July 10 'Mismatch' Diseases and Modern Life**

Modern life has subjected us to many lifestyle exposures that are new to us and at odds with the way that we have evolved over millennia. Dr. Jack Herrmann will discuss how our evolutionary biology has set us up for "mismatch" diseases such as obesity, Type II diabetes, cancer, and arthritis.



**Community Health Forum presentations** will continue through November 2018, covering topics from the importance of staying active to navigating the healthcare system and medical and recreational cannabis. For more information on the experts presenting the programs and the schedule for the rest of the events, visit [www.fhn.org](http://www.fhn.org).

### **Your hosts ...**



Dr. Jack Herrmann



Dr. Yvette J. Johnson-Walker



Dr. Michael Perry



Dr. Lynn Herrmann



Alan Wenzel