

Fall 2015 Community Education Calendar of Events



LOCATION HSS Stamford Outpatient Center
1 Blachley Road, Stamford, CT

TIME 5:45 pm – 6:45 pm

HOW TO REGISTER Call **Pamela Villagomez** at
203.705.2956 or email at
villagomezp@hss.edu

Space is limited, register early!
Programs are free of charge and open to the public.

Healthy Aging and our Bones

Tuesday, September 22, 2015



Charles N. Cornell, MD
Attending Orthopedic Surgeon

In recognition of Healthy Aging Month, Dr. Cornell will provide insight for those ages 45+ on how aging and our bones can be approached positively and how we can prevent and manage common musculoskeletal conditions associated with aging.

Treatment of Knee Arthritis in 2015 & Beyond

A collaborative program presented by the Arthritis Foundation and the HSS Stamford Outpatient Center.

Wednesday, October 14, 2015



Andrew D. Pearle, MD
Associate Attending Orthopedic Surgeon

Did you know the knee is the largest and strongest joint in your body? According to the Arthritis Foundation, the knee is one of the most common joints affected by osteoarthritis. Osteoarthritis can affect people of all ages, even those in their 20s and 30s who have been injured or who have repetitive joint stress from overuse. In recognition of Bone & Joint Action Week, Dr. Pearle will lead us through how to manage osteoarthritis, common treatment plans and advances in the field of knee osteoarthritis.



Common Winter Sports Injuries

Tuesday, November 17, 2015



Daphne A. Scott, MD
Assistant Attending Physician

Between snow skiing or boarding, ice hockey or skating, sledding and more, close to 500,000 people are treated in ERs every year due to winter-sports related injuries! In preparation for winter, Dr. Scott will educate us on the common sports injuries that take place in the winter and how we can prevent them as well as when to see a doctor.
