

# TRAUMA & RESCUE

# VIRTUAL

## EDUCATION EVENT

SESSION A	SESSION B	SESSION C
<p><b>October 13, 2020</b></p> <p>▶ <b>7pm – 8pm</b> <b>Nutrition</b></p> <p><b>Nutrition During Times of Stress and Uncertainty</b> <b>Colleen Tewksbury, PhD, RD, CSOWM</b> Senior Research Investigator, Perelman School of Medicine/Penn Medicine Metabolic and Bariatric Surgery Program</p> <p>▶ <b>8pm – 9pm</b> <b>Diabetes</b></p> <p><b>Type 2 Diabetes: Pillars in Prevention and Self Care</b> <b>Carrie Burns, MD</b> Director, Diabetes in Pregnancy; Professor of Clinical Medicine Division of Diabetes, Endocrinology and Metabolism University of Pennsylvania</p>	<p><b>October 21, 2020</b></p> <p>▶ <b>7pm – 8pm</b> <b>Cardiologist</b></p> <p><b>Heart Disease – A Top Cause of Death in First Responders</b> <b>William Matthai, Jr. MD</b> Professor of Clinical Medicine Interventional Cardiology and Director of Clinical Cardiology Research, Penn Presbyterian Medical Center</p> <p>▶ <b>8pm – 9pm</b> <b>Physical Fitness/Kinesiology</b></p> <p><b>Fit for Duty: Tactics for Injury Prevention</b> <b>Brian Leggin, PT, DPT, OCS</b> Lead Therapist <b>Brian Cammarota, ATC, PT, DPT, CSCS</b> Sr II Physical Therapist</p>	<p><b>October 29, 2020</b></p> <p>▶ <b>7pm – 8pm</b> <b>Mental Health/PTSD</b></p> <p><b>Secrets and Silence: Aftereffects of Repeated Traumatic Stress Events</b> <b>Iris Perlstein, LCADC, LPC, ATR-BC</b> Clinical Specialist; First Responder Treatment Service Health Penn Medicine Princeton House Behavioral</p> <p>▶ <b>8pm – 10pm</b> <b>Suicide Prevention/PSA</b></p> <p><b>Surviving Until Tuesday</b> <b>Andrew Einstein</b> Detective - Camden County Police Department - Metro Division - Shooting Response Team Sergeant - United States Marine Corps Lieutenant - Riverton Fire Department Former Lieutenant - Mount Laurel Fire Department Former EMS Supervisor - Mount Laurel EMS</p>



This is an educational event for all EMS responders and Emergency Medicine personnel in the Greater Philadelphia area and surrounding counties. These events will count towards six hours of CEU credits.

▶ **REGISTRATION:** For more information or to register for the event, visit [PennMedicine.org/EMSconference](http://PennMedicine.org/EMSconference).

▶ **QUESTIONS:** Email Brian Potenski, Physician and EMS Liaison, at [Brian.Potenski@uphs.upenn.edu](mailto:Brian.Potenski@uphs.upenn.edu).