

## Women's Health Night Returns to Scott Memorial Hospital

Written by Administrator

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The popular Woman's Health Night will return to Scott Memorial Hospital on Monday, October 26, with two enthusiastic speakers guaranteed to empower the audience to take control of their health care and lives.

Women's Health Night began several years ago in October to highlight Breast Cancer Awareness Month and to honor SMH team member Lula Belle Roll, a well-liked nursing assistant who died of cancer. The event quickly grew, thanks to the efforts of several hospital staff members who took ownership of the project. They soon added other important health awareness topics they felt should be an integral part of community education efforts. Topics in past years have included heart disease, the number one killer of women, and diabetes, a significant health problem in our area.

"This year, we are happy to present two very exciting speakers," said Scott Memorial Hospital Mammographer Hope White, RT, (R) (M). "These passionate energetic speakers are going to give women tools help them become more complete women mentally physically and emotionally."

### ***Guest speakers will include:***

LaVay Lauter is the Training and Development Manager at Jewish Hospital and St. Mary's Healthcare. She has a Bachelor's Degree in Music from Bellarmine University and a Master's Degree in Religion from the Southern Baptist Theological Seminary. She lives in Louisville with her daughter, Elle, who she adopted from Guatemala.

Lauter will share a method create your bucket list on a daily basis, so that you leave behind any wasted days and design an extraordinary, joy filled future. She will help attendees learn to use seven steps to improve job satisfaction levels by improving sense of well-being both personally and professionally. She also has a variety of methods to help people understand the power of choosing an alternate response to external circumstances.

Judy K. Merchant, M.D., a member of the DXP Diagnostic X-Ray Imaging, which is responsible for radiology at Scott Memorial Hospital. Dr. Merchant received her Bachelor of Science in Biology and was Magna Cum Laude at Texas Women's University before earning her M.D. at Texas A&M University Health Science Center. She studied Radiology at University Hospital Frankfurt at Johann Goethe University in Germany and at Cincinnati Children's Hospital.

Dr. Merchant will explain why self-motivation is necessary for early-detection cancer tests such as mammography, colonoscopy, and PAP smears.

Her enthusiasm for a healthy lifestyle can also be seen in her personal life. Having competed in the Olympic Trials in Tae kwon do - a martial art she uses to strengthen herself mentally and physically - Dr. Merchant has extrapolated from the insights gained from that discipline to other areas of her life. She will share with her audience thoughts on goal setting and achieving a happier, healthier life.

There will also be some familiar faces from Scott Memorial Hospital at Women's Health Night.

Hope White, R.T. (R) (M), will be available to help women who qualify obtain a free mammogram, provided by a grant from the Indiana Breast Cancer Awareness Trust (IBCAT). This grant helps underinsured Scott County Women obtain this important cancer screening.

Julia Herald, R.T. (R) (M), will help women understand the fundamentals of breast self exam. She will offer free shower cards, a helpful reminder women can use as a guide to maintain this important self-screening.

The Scott County Family YMCA will have staff available for questions about their programs,

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and will hold a door prize drawing for a three-month membership.

"We know by the attendance at this event that the women are eager to learn things that will help them live longer better lives," Added White. "When we see their desire to learn, it makes us aspire to provide the health education the women in our community need."

Women's Health Night will be held at Scott Memorial Hospital on Monday, October 26, from 6:00 until 9:00 p.m. The event will offer door prizes, gifts and refreshments. For more information, call John Sheckler at 752-8542.