Chicago Forward: Women's Health

By James Janega
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There are many ways to consider the topic of Women's Health: How do you find a doctor for yourself or your family? How to make sure you're getting appropriate treatment? Which supplements work, and which are a waste of time?

From heart health to fighting obesity to addressing chronic pain, Wednesday night's Chicago Forward: Women's Health panel whirled through the topics women consider for their own health needs and for the people they care about.

The panelists were Dr. Colleen Fitzgerald of Loyola University Chicago’s Stritch School of Medicine; Dr. Lauren Streicher of Northwestern University’s Feinberg School of Medicine and a frequent guest on the Dr. Oz Show; Donna Thompson, CEO of Access Community Health Network; and Dr. Annabelle Volgman, Oprah Winfrey's doctor and the medical director of the Rush Heart Center for Women.

Moderating the conversation were Editorial Board Editor Bruce Dold and Health Reporter Julie Deardorff.

The conversation in the Chase Auditorium included common women's health topics covered in the news -- obesity, heart health, cancer, chronic pain -- a number of inquiries from the audience, including questions about sex, menopause, geriatric medicine, as well as exercise, getting a good night's sleep, vaccinations for children and dietary supplements.

The panel's best advice in single snippets?

-- Drink water -- it limits hunger pangs that feed obesity, and it's good for your muscles, including your heart.

-- Get regular health screenings.

-- Watch your weight (and model for kids how to eat and move), and

-- Don't accept pain and discomfort; both can be treated.

You'll find a photo gallery here on our Facebook page (tag yourself; and why not add it to your list of "likes?") , plus highlights on this video, and we'll add the full video when our computer is done processing it. (It WAS a lot of information, after all!)

Chicago Forward is presented by the Chicago Tribune and sponsored by ComEd.