

# YOU'RE INVITED

to a free, lecture series featuring top doctors

Hopkinton Drug

Lecture Series

June 9th, 2010  
**BIO-IDENTICAL HORMONE  
REPLACEMENT THERAPY  
(BHRT)**



**Patricia Jay, MD - OBGYN**

Topic - Treatment of symptoms such as hot flashes, night sweats, mood swings, trouble sleeping, weight gain, fatigue, loss of libido, irregular menstrual cycles etc. with BHRT.

June 23rd, 2010  
**ALLERGIES, IMMUNE SYSTEM,  
ADRENAL HEALTH STRATEGIES**



**Vivian Varese, MD - Functional Medicine Physician**

Topic - Optimizing digestive and immune functions through the most natural means possible and with minimal use of pharmaceuticals. Learn to manage your allergies and adrenals.

July 14th, 2010  
**SUNLIGHT AND  
HEALTHY SKIN**



**Louis Kuchnir, MD - Dermatologist**

Topic - Caring for healthy skin, pros and cons of sun exposure, types of skin cancer and methods of prevention.

July 28th, 2010  
**LIVING HEALTHY  
WITHOUT TOXINS**



**Lisa Vasile, NP**

Topic - Decreasing and avoiding toxic exposures in everyday living. Learn everyday skills such as reading product labels to make healthier choices.

August 25th, 2010  
**HYPOTHYROIDISM**



**Kenneth Blanchard, MD, Endocrinologist**

Topic - Diagnosis and treatment options for Hypothyroidism and it's debilitating symptoms including depression, fatigue, headaches and weight gain.

Sept. 15th, 2010  
**MINIMALLY INVASIVE  
JOINT REPLACEMENT  
& HIP RESURFACING**



**Eli Olschewski, MD - Orthopedist**

Topic - Hip arthritis and treatment, including standard hip replacements and minimally invasive hip replacement surgery.

Sept. 29th, 2010  
**CHIROPRACTIC  
SPORTS MEDICINE**



**Jason Mavor, DC - Chiropractor**

Topic - Athletic injuries and the benefit of chiropractics in their treatment and prevention.

October 13th, 2010  
**VETERINARY  
ZONOTIC DISEASE  
EMERG. DISAST. RESPONSE**



**David Schwarz, DVM - Veterinarian**

Topic - Diseases transmissible between people and animals. How pet owners can include their animals in emergency planning.

November 10th, 2010  
**PRENATAL  
CHIROPRACTIC THERAPY**



**Jennifer Belesi, DC - Chiropractor**

Topic - Gentle and effective chiropractic management of pregnancy related musculoskeletal disorders with state of the art technology.

December 1st, 2010  
**CHRONIC FATIGUE SYNDROME,  
LYME DISEASE,  
MOLD, FIBROMYALGIA**



**Ritchie Shoemaker, MD - Biotoxin Specialist**

Topic - New treatment options for chronic fatigue syndrome, fibromyalgia, post-lyme syndrome and mold exposure.

December 15th, 2010  
**HEALTHY LIVING  
FOR LIFE**



**Ralph Ferraro, Rph - Pharmacist**

**Terry Anthony, IBCLC  
Beth Graubart, MS**

Topic - Healthy living for life, increasing the possibility of full function and absence of disease well into old age.

ENGAGE TOP DOCTORS AND SPECIALISTS AT THESE FREE EVENTS

When: 7pm Where: Golden Pond 50 West Main St.  
Hopkinton, MA 01748

Info and RSVP: [mmacione@rxandhealth.com](mailto:mmacione@rxandhealth.com)

complimentary food and refreshments from Ciao Time Catering

Ciao Time Catering



Golden Pond



Hopkinton Drug

(508) 435-4441

# Speaker Bios

**Patricia Jay, MD (OB/GYN Gynecology)** – Dr. Jay graduated from Boston College and then received her medical degree from University of Mass. Medical School. She is a board certified OB/GYN and practices Gynecology at Souhtboro Medical Group in Framingham and Westboro. She also has a focus in bio-identical hormone replacement therapy (BHRT), treating patients from all over New England with hormonal issues.

[www.southboromedical.com](http://www.southboromedical.com)

**Vivian Varese, MD (Functional Medicine Physician)** – Dr. Varese attended medical school at the Medical School of the Autonomous University at Guadalajara, Mexico. She graduated in 1979 and completed her 4 years of internship and residency at New York Beekman Hospital in New York City. Since 1984 she has conducted her medical practice in Acton, Massachusetts, offering integrated services including nutrition, herbology, homeopathy, and flower essences with special emphasis on optimizing hormonal, digestive and immune functions through the most natural means possible and with minimal use of pharmaceuticals. Dr. Varese practices in Acton MA.

[www.vivianvaresemd.com](http://www.vivianvaresemd.com)

**Louis Kuchnir, MD (Dermatologist)** - Dr. Louis Kuchnir founded Kuchnir Dermatology in Marlborough Massachusetts after completing his residency at the University of Massachusetts. In September 2009, he was elected president of the Massachusetts Academy of Dermatology. Dr. Kuchnir is on faculty of the University of Massachusetts Medical School. He received his medical degree from Washington University in St. Louis. He earned a Ph.D. in physical chemistry at Harvard University and also attended the Massachusetts Institute of Technology. He is board-certified by the American Board of Dermatology.

[www.kuchnirdermatology.com](http://www.kuchnirdermatology.com)

**Lisa M. Vasile, NP, MS, RN, BCMP (Nurse Practitioner)** - Lisa is a graduate of Fitchburg State College school of Nursing and worked as a labor and delivery nurse for 15 years. She has also worked as an infertility nurse, perinatal grief counselor and OB/GYN nurse. She graduated as an Adult Nurse Practitioner with a Masters degree from UMass Graduate School of Nursing in Worcester, MA. Lisa specializes in obstetrics and gynecology. She provides thorough gynecologic care including annual evaluation with pap smears, uterine biopsies, cervical biopsies, sonohysterograms, pelvic muscle rehabilitation, infertility, obstetrical care, and perinatal loss support. She also teaches a comprehensive twins, prenatal and childbirth class where she practices at Caring for Women, gynecologic and obstetrical care in Milford MA.

[www.caring4women.net](http://www.caring4women.net)

“Great idea to present topics of interest to the community”

*Survey Respondent - Milford, MA*

**Kenneth Blanchard, MD (Endocrinologist)** – Dr. Blanchard, MD, PhD is a graduate of the Massachusetts Institute of Technology and Cornell University Medical College. He is a renowned board certified Endocrinologist and author. He specializes in the treatment of thyroid disease and diabetes. If you are experiencing depression, fatigue, headaches, memory lapses, weight gain, constipation, cold intolerance, slowed reflexes, hair loss or menstrual abnormalities, these are some of the vague, sometimes debilitating symptoms that, in varying combinations, plague more than 13 million patients with hypothyroidism. Unfortunately, many patients with hypothyroidism go for months to years, from doctor to doctor, from test to tests without being properly diagnosed. This is because the TSH blood test, considered the gold standard for diagnosis, is simply not an accurate indicator of hypothyroidism. Perhaps more perplexing, millions who are properly diagnosed find themselves undergoing often ineffective treatments for their disorder. Dr. Blanchard practices in Newton MA and while he does not maintain a website, you can obtain information about Dr. Blanchard below.

[www.google.com/#hl=en&source=hp&q=Kenneth+Blanchard+MD](http://www.google.com/#hl=en&source=hp&q=Kenneth+Blanchard+MD)

**Eli Olschewski MD (Orthopedist)** - Dr. Olschewski is a graduate of Queens University and the University of Toronto Medical School. He completed his fellowship at the University of Sydney, Australia Trauma and general orthopedic surgery 2003-2004, as well as the University of Toronto, Toronto, Ontario Hip and knee arthroplasty and reconstruction 2004-2005. Dr. Olschewski is a board certified general orthopedic surgeon with a specialty interest in neck, shoulder, arm, elbow, hand and wrist, spine, low back, hip, knee, foot and ankle injuries. His treatment specialties include arthritis, arthroscopic surgery, deformity, disability, joint replacement, metabolic bone disease, osteoporosis, pain, rehabilitation, sports medicine and trauma/fractures. Dr Olschewski practices at Framingham Orthopedics in Framingham MA.

[www.orthodoc.aaos.org/framinghamorthopedics](http://www.orthodoc.aaos.org/framinghamorthopedics)

**Jason Mavor, DC (Chiropractor)** – Dr. Mavor was trained professionally at Western States Chiropractic College in Portland, OR. He has worked with a number of professional sports physicians and brings a variety of soft tissue techniques to the practice in addition to Diversified Adjusting. He is constantly striving to add more tools to his rehabilitation repertoire and will provide the solution that works best for you. Additionally, he has great experience with pregnant mothers helping ease the transition into motherhood. His affinity for treating the prenatal population began with his wife and Dr. Mavor developed a significant following among his patients and their spouses as he helped them navigate the aches and pains of pregnancy. Dr. Mavor practices at Cedar Chiropractic in Hopkinton MA.

[www.cedarchiro.com](http://www.cedarchiro.com)

**David Schwarz, DVM (Veterinarian)** - Dr. Schwarz graduated from Cornell University and is the founding Partner of the Ashland Animal Care Center at which he practices small animal medicine and surgery. Dr. Schwarz is past president of the Massachusetts Veterinary Medical Association (MVMA). As past president, he chairs the Nominating Committee and the Past Presidents' Advisory Council. Dr. Schwarz also serves on the board of the MVMA Charities, Inc., the State of Massachusetts Animal Response Team (SMART), and the New England Veterinary Medical Association.

[www.ashlandanimalhospital.com](http://www.ashlandanimalhospital.com)

**Jennifer Belesi, DC (Chiropractor)** – Dr. Belesi received her Doctor of Chiropractic from the National College of Chiropractic and her Bachelor of Science from St. John's University. She specialized in Diversified technique, is certified in Flexion-Distraction, and exercise rehabilitation of the spine and extremities. Jennifer is also a member of the Massachusetts Chiropractic Society and Executive Board Member of "In Hopkinton by Women". She is the owner of Cedar Chiropractic in Hopkinton Mass, where she practices.

[www.cedarchiro.com](http://www.cedarchiro.com)

**Dr. Shoemaker, MD (Biotoxin Specialist)** - Dr. Shoemaker graduated from Duke University where he received undergraduate and medical degrees. He is a practicing physician in Pocomoke City, MD, and conducts research all across the country. His dedication to his patients and his advancement of medicine through research has been recognized often, including receipt of the Maryland Academy of Family Practice Physician of the Year 2000 award which was followed by an award as a finalist in the National competition for 2002. Dr. Shoemaker has published four books, and has numerous publications in scientific research journals, on audio and video tapes and in newspapers. He has made many presentations at scientific meetings, and has frequently appeared on television. Dr. Shoemaker's lectures are known for their enthusiastic presentation of thought provoking ideas. Whether his speech is educational or motivational, he is an entertaining speaker with a stimulating approach to thinking that will challenge the listener.

[www.chronicneurotoxins.com](http://www.chronicneurotoxins.com)

**Ralph Ferraro, BS (Pharmacist)** - Ralph holds a Bachelor of Science degree in Pharmacy from the Massachusetts College of Pharmacy and Allied health Sciences. He is employed by Hopkinton Drug, Inc. in Hopkinton Mass. Ralph is an APhA Certified Immunizing Pharmacist as well as a Certified Lifestyle Educator. Ralph recently completed a Comprehensive course in Compounding Pharmacy and attended a Veterinary Symposium for Compounding Pharmacists in Houston Texas. He also participated in the First Line Therapy Certification Course for Lifestyle Educators in Boston. Reach Ralph at 508-435-4441 x 113.

**Beth Graubart BS, MS (Chemist)** - Beth holds a bachelors degree from the State University College at Buffalo, New York, and a degree from the Allied School of Science from Columbia University. She has been employed by Hopkinton Drug Inc. in Hopkinton Mass. since October, 2003 and is the Pharmacy manager. At Hopkinton Drug Beth has gained many years experience in nutraceuticals, diet and exercise and she also participated in the First Line Therapy Certification Course for Lifestyle Educators in Boston. Beth also has expertise in durable medical equipment and surgical/compression stockings. Previously employed by Lehn and Fink, now owned by Reckitt and Coleman, Beth developed and holds several commercial patents for disinfectants and antimicrobial cleaners as well as bottle designs. Reach Beth at 508-435-4441 x 112.

Go to Hopkinton Drug's Homepage

[www.rxandhealth.com](http://www.rxandhealth.com)

Go to Golden Pond's Homepage

[www.assistedlivingatgoldenpond.com](http://www.assistedlivingatgoldenpond.com)

Thanks for your Interest!

“Very enjoyable and informative”

*Survey Respondent - Hopkinton, MA*