

Memorial Health Care System

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FOR IMMEDIATE RELEASE

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Health Connections between Vitamin D and Cancer

Free series, Strong and Smart: Living Well With Cancer, supports cancer survivors, patients

Chattanooga, Tenn. – Memorial Health Care System will sponsor a free on-line/telephone seminar to explain the connections between vitamin D and cancer on Tuesday, Feb. 14.

The seminar will begin at 1 p.m. and is open to the public. To register for the free one-hour educational event, call 800-278-7837.

Vitamin D and Its Relationship to Cancer is part of the Strong and Smart: Living Well With Cancer dial-up seminar series. Participants listen via phone, view presentations online and ask questions of presenting experts.

The February seminar will cover:

- Vitamin D, its functions and connection with cancer
- Research and possible benefits of vitamin D
- Recommended daily amounts of vitamin D and food sources
- Vitamin D's ability to modify cancer risk

Presenter Deborah Kispert is an outpatient oncology dietitian at Saint Clare's Health System in Denville, N.J. She has worked to educate people about the connection between good nutrition and good health for more than 20 years. Kispert received her bachelor's degree in dietetics and her master's degree in foods and nutrition from Marywood University in Scranton, Pa.

“For a variety of cancers, vitamin D has been a supplement in the spotlight recently,” said Joe Robb, executive director of cancer services at Memorial. “This seminar will answer questions many patients have about the connection between vitamin D and cancer and will also help them understand the best sources for this nutrient.”

The Strong and Smart: Living Well With Cancer dial-up seminar series is presented by Memorial Health Care System. This education series is offered in collaboration with other Catholic Health Initiatives hospitals. A goal of the series is to make education and information more readily available to a greater number of cancer patients in our community.

Memorial Health Care System is a not-for-profit, faith-based healthcare organization dedicated to the healing ministry of the Church. Founded by the Sisters of Charity of Nazareth and strengthened as part of Catholic Health Initiatives, it offers a continuum of care including preventative, primary and acute hospital care, as well as cancer and cardiac care, orthopedic and rehabilitation services. Memorial is a regional referral center of choice with 4,000 associates and more than 700 affiliated physicians providing health care throughout Southeast Tennessee and North Georgia. Memorial Health Care System is recognized as one of the nation's 100 Top Hospitals® by Thomson Reuters, the health care industry's leading source of information on hospital quality. To learn more, visit www.memorial.org.

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