



# NORTHUMBERLAND HILLS HOSPITAL



**NORTHUMBERLAND HILLS  
HOSPITAL FOUNDATION**  
Better Care for Our Community



**COMMUNITY HEALTH CENTRES  
OF NORTHUMBERLAND**

*Northumberland*

**Family Health Team**

**IMCare**  
Internal Medicine Specialists



**LOYALIST**  
COLLEGE OF APPLIED ARTS  
AND TECHNOLOGY

## NEWS RELEASE – FOR IMMEDIATE RELEASE

**Learn more about how to care for your skin with Dr. Anuja Sharma  
at the next Northumberland PACE community conversation, May 15<sup>th</sup>**

**NORTHUMBERLAND COUNTY, Tuesday, May 7<sup>th</sup>, 2019**—The next Northumberland PACE conversation will take place at Northumberland Hills Hospital (NHH) on **Wednesday, May 15<sup>th</sup>** with **Dr. Anuja Sharma** leading the discussion on the topic of skin care.\*

An internal medicine specialist with the [IM Care](#) internal medicine team at NHH, Dr. Sharma has been in clinical practice since 1996. Her clinical interests include diseases of the skin, thyroid disorders, osteoporosis and arthritis.

“Skin is the largest and the most visible organ of the body. It protects us from the elements, allows us to sense touch, pain, pressure, acts as a temperature regulator of the body and also nourishes us by making vitamin D,” explains Dr. Sharma. “It has great ability to heal itself and when touched in a gentle way it even lowers the stress hormones.”

Dr. Sharma’s talk will explore how the ways we take care of our skin make it more resilient or more prone to disease and skin cancer, exploring questions like: What are some of the simple day to day things that we can do to make our skin healthier? How do we choose from the various skin care products available to us? What are some things to avoid? What are some of the signs and symptoms of skin cancer for early detection and cure?

Lasting approximately one hour in length, PACE events consist of a 30-minute talk, a 20-minute question-and-answer period with the guest speaker and a 10-minute moderator summary.

The last in the 2018/19 series, Dr. Sharma's conversation will begin at 5:30 PM on May 15<sup>th</sup> in the 2<sup>nd</sup> floor Community Education Centre at Northumberland Hills Hospital, 1000 DePalma Drive.

Please bring your questions, your suggestions and your experience and join in what is expected to be another lively discussion. If you have a smart phone, we invite you to bring it, to participate in real-time event feedback. No smart phone? Not a problem. Audience feedback will also be gathered without the help of technology.

Reminder – this and all PACE talks are FREE, but **pre-registration is required** to manage room capacity. Register for Dr. Anuja Sharma's talk today at [www.pacetalks.com](http://www.pacetalks.com), where you will also find highlights from the 2018/19 season's talks.

Planning for the 2019/20 season will be done this summer, taking the input received throughout the year on topics of interest, to plan the new lineup for PACE, beginning in September, 2019.

*\*NOTE – previous information published on the [www.pacetalks.com](http://www.pacetalks.com) website indicated the date for this talk as May 22<sup>nd</sup>. This was incorrect, and we apologize for any inconvenience. Dr. Sharma's confirmation will take place May 15<sup>th</sup> – the third Wednesday of the month.*

**Media contact:** Jennifer Gillard, [jgillard@nhh.ca](mailto:jgillard@nhh.ca) or 905-377-7757.

**About Northumberland PACE** – A collaborative between community health-care providers and local residents interested in learning more and promoting health and wellness, PACE (which stands for Personalized Assessment and Change Education) is a TED Talks-inspired speakers' series hosted (on a rotating basis) at Northumberland Hills Hospital in Cobourg and the Community Health Centres of Northumberland in Port Hope. Northumberland Hills Hospital, the Northumberland Family Health Team, The Community Health Centres of Northumberland, internal medicine specialists IMCare and local patients and caregivers are all represented on the 2018/19 planning table, as is the Interactive Media Development – Film and Television Production program at Loyalist College, which has partnered with the team to support audio and visual recording and distribution and, most recently, the NHH Foundation. Talks are held monthly at 5:30 PM, September through June, on the third Wednesday of the month. One hour in total, each talk consists of a 30-minute presentation followed by a 20-minute, interactive question and answer speaker/audience discussion and a short moderator summary to conclude. Seats are available free of charge, on a first-come, first-reserved basis. Preregistration is required, to manage room occupancy limits. For information, please visit [www.pacetalks.com](http://www.pacetalks.com).

– END –