

Contact: Erin Harrington at 203-576-6263 or eharrington@stvincents.org

For Immediate Release

“Don’t Strike Out! Orthopaedic Sports Injuries” – A Listen & Learn Lecture with Michael Redler, M.D.

Bridgeport, CT, August 20, 2009 – St. Vincent’s Medical Center is sponsoring a free talk open to the general public entitled “Don’t Strike Out! Orthopaedic Sports Injuries,” as the first lecture in their 2009 Fall Listen & Learn Lecture Series. The talk will take place on Tuesday, September 1, from 6PM-7PM, at the Oronoque Country Club, 385 Oronoque Lane, Stratford.

Featured speaker, Michael Redler, M.D., will discuss how to prevent sports injuries and what to do when they happen.

Dr. Redler, a founding partner of The Orthopaedic and Sports Medicine Center, is board certified and fellowship-trained in sports medicine and hand surgery. Dr. Redler graduated with a bachelor of arts degree from Clark University in Worcester, MA and earned his medical degree from the University of Connecticut School of Medicine. He completed his general surgery residency at the University of Connecticut/St. Francis Hospital and his orthopaedic surgery and sports medicine/hand surgery residencies at the University of Virginia. Dr. Redler is the orthopaedic consultant to Major League Lacrosse, and associate clinical professor for the department of physical therapy and athletic trainers at Sacred Heart University. Dr. Redler is also visiting assistant professor of orthopaedic surgery for the University of Virginia. Dr. Redler is a member of the American Academy of Orthopedic Surgeons, the American Orthopaedic Society for Sports Medicine, the Connecticut State Medical Society, and the Fairfield County Medical Association.

A question and answer session will follow the presentation, and light refreshments will be provided.

For more information or to register for this lecture, please call St. Vincent’s toll-free Care Line at **1-877-255-SVHS (7847)**.

Listen & Learn Lecture Series

“Listen & Learn” is a free series of talks for the community by physicians on health and wellness topics in an effort to help area residents stay well. Participants learn from experts in the field about medical topics and prevention strategies, and how to sort through confusing consumer health information available to consumers. Topics will cover a broad range of issues. The program, a part of St. Vincent’s mission of outreach to the community and is open to the general public. The lecture program is a collaboration between St. Vincent’s Club 50/Boomers Group and its Physician Services.

St. Vincent’s Club 50/Boomers

St. Vincent’s Club 50/Boomers is designed for people age 50 and older who are interested in maintaining and improving their health through education programs and social events. Membership is free and entitles participants to discounts on a variety of programs from health screenings to computer lessons; from fitness classes to excursions. Members receive free parking and meals at St. Vincent’s, discounts on prescription drugs at most pharmacies, and access to lectures and information on health and wellness.

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