

DATE: Wednesday, June 3, 2009

Join us:

LOCATION: University of California, San Diego (Hillcrest Campus)
200 West Arbor Drive
San Diego, CA

TIME: 6:00 PM Dinner & Chapter Business
7:00 PM Presentation, Q&A

ROOM: 3rd floor – Room 310

TOPIC: Find Out What Losing Sleep Does to a Body

Harvard-run Nurses' Health Study links insufficient or irregular sleep with illnesses, including increased risk for colon cancer, breast cancer, heart disease and diabetes. Other research groups scattered around the country have subsequently found clues that might explain the associations, indications that sleep disruption affects crucial hormones and proteins that play roles in these diseases.

(Stein, Rob, Scientists Finding Out What Losing Sleep Does to a Body, Washington Post, Sunday, Oct 9, 2005
accessed May 12, 2009 <http://www.washingtonpost.com/wp-dyn/content/article/2005/10/08>)

SPEAKER: Joseph W. Ailts,
Director of Medical Education, NeuroScience Inc.

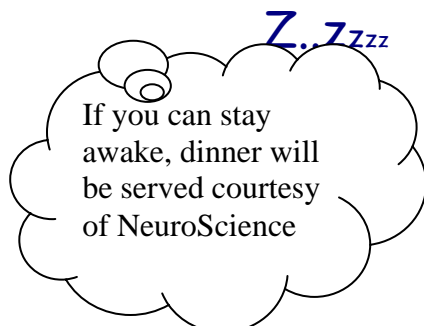
Zzzz

Join us for dinner and take this opportunity
to network with others

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Please **RSVP** (by **Monday, June 1, 2009**)

E-mail: <http://EDR.ucsd.edu> or call (619) 543-6465



(1 CEU available for a fee of \$10, BRN)

For more information on San Diego NAON Chapter: WWW.orthonurse.com
For more information on NAON on a national level go to: WWW.OrthoNurse.ORG