

## **Ann Frost Presentations to Healthcare Community**

Physical Therapy for pregnancy and post-partum, Ob-gyn exec committee meeting  
February 7, 2009

Teaching our Patients to be Responsible Healthcare Consumers, 2009, HAPTA  
Reimbursement Forum, Honolulu, HI

Life after Breast Cancer: Physical Therapy for the patient with breast cancer, to Breast  
Cancer Tumor Board, November 5, 2009

Pelvic Function, Sexuality, and Aging, with Dr. Steven Minaglia, at Queen's Conference  
on Geriatric Medicine, Kaneohe, HI, April 22, 2010

Taking Care of Moms: Physical Therapy for Pregnancy and Post-Partum; presentation to  
ob-gyn grand rounds; July 12, 2010

Recovering from Cancer Jan. 10, 2011, Queen's Cancer Center

Getting Your Life Back After Cancer, presentation to Navigator Conference, Honolulu,  
HI. Feb. 3, 2011

Breast cancer and Lymphedema, presentation to American Cancer Society conference,  
Apr. 9, 2011.

Role of Physical Therapy in Cancer Treatment, May 27, 2011, Imi Hale Navigator  
Training, Honolulu, HI.

Managing Long Term Effects of Cancer Treatment, June 11, 2011, Survivors'  
Conference; with Francisco Conde, Honolulu, HI

Exploring Self-Esteem and Intimacy, QMC CA Center "I Can Cope" series, June 15,  
2011

Sexual Healing: Getting that Loving Feeling, to Oncology Nursing Society Annual  
Conference, Honolulu, HI, Aug. 20, 2011

Recovering from Lung Cancer; to Imi Hale Navigator Training, Honolulu, HI,  
Aug. 26, 2011

Common Musculoskeletal Problems in Pregnancy, May 7, 2012. Ob-Gyn Grand Rounds,  
Queen's Medical Center, Honolulu, HI.

Beyond Cancer: Common Sequellae of Breast Cancer Treatment, Aug. 30, 2012,  
Queen's Medical Center Ob-Gyn Grand Rounds, Honolulu, HI.

Physical Therapy for Cancer Patients: Improving Function and Quality of Life During and After Treatment, October 27, 2012, Portuguese Association of Physical Therapists, Women's Health Physical Therapists, Lisbon, Portugal

**Physical Therapy for Incontinence, Organ Prolapse, and Sexual Dysfunction, date, Queen's Medical Center Ob-Gyn Grand Rounds, Honolulu, HI**

**Recovering from Prostate Cancer, with Cisco ?????, August 9, 2013, Hawaii Nursing Oncology Annual Conference, Honolulu, HI**

Reducing Perineal Tears, July 9, 2014, Ob-Gyn Grand Rounds, Queen's Medical Center, Honolulu, HI.

Exercise for Pregnancy and PostPartum, May 11, 2015, Queen's Medical Center Ob-Gyn Grand Rounds, Honolulu, HI.

**Update on ICS 2015 Annual Conference, DATE, Queen's Medical Center Ob-Gyn Grand Rounds, Honolulu, HI.**

add presentations to obgyn—ICS update, etc and T10

## **Presentations to Public**

A Very Uncomfortable Subject, with Dr. Steven Minaglia, February 29, 2009, Queen's Women's Health Center Speaking of Health Series, Honolulu, HI.

Just Bring Me Chocolate and Roses, a talk on female sexuality, with Dr. Minaglia, WHC, October 15, 2009

Menopause: Changes in Muscle and Mood March 11, 2010, with Dr. Diane Thompson

What Dr. Kegel Didn't Tell You, with Dr. Steven Minaglia, Queen's WHC, April 1, 2010

Breast Cancer, Exercise, and Lymphedema, presented to ACS Breast Cancer Support Group, Honolulu, April 3, 2010

Getting Back in the Saddle: An exploration in sexuality in our later years, with Dr. Shari Kogan, Queen's Conference Center, April 28, 2010

Susan G Komen Conference: Presentation on breast cancer, lymphedema, exercise Nov. 13, 2010

What Dr. Kegel Didn't Tell You with Dr. Steven Minaglia Jan. 20, 2011, Queen's Women's Health Center, Honolulu, HI

Making it Through Pregnancy Comfortably, with Kara Herner, PT, Nov. 29, 2012.  
Queen's Women's Health Center Speaking of Health Series, Honolulu, HI.

Exercise for Wellness: Customized Exercise, with Kara Harner, PT, Feb. 16, 2013.  
Queen's Women's Health Center Speaking of Health Series, Honolulu, HI.

## **Television**

KHON: Ask the Specialist May 26, 2008: Osteoporosis

KHON: Ask the Specialist 12/14/09: Women's Health Physical Therapy

KHON Ask the Specialist June 15, 2009: Women's Fitness

KHON: Ask the Specialist December 14, 2009 Physical Therapy for Women's Health

KHON Ask the Specialist April 26, 2010: Geriatric Sexuality

KHON: Ask the Specialist, 5/3/10: Posture and Gait

Ohelo Channel, April 4, 2010: What is Physical Therapy? Interview with State Representative Marilyn Lee

KHON: Ask the Specialist October 17, 2011: The Importance of Physical Therapy