

## **Andrea Cain Smith, MSN**

### ***Assistant Professor, Nursing***

Andrea Cain Smith has served as an Assistant Professor of Nursing at Cuyahoga Community College (Tri-C<sup>®</sup>) since 2010.

Prior to joining Tri-C, Professor Cain Smith worked in Emergency Medicine Nursing for 14 years.

Professor Cain Smith earned a Bachelor of Science from Cleveland State University and a Master of Science in Nursing with a major in nursing education from Indiana Wesleyan University. She is currently pursuing a post-master's Nurse Practitioner Certification.

Professor Cain Smith has experience speaking on Women's Health, Heart Disease, Stress and Its Effects on the Body, Health Care Disparities, Unhealthy Relationships, and Health Promotion and Disease Prevention.

#### **Speech Topics:**

- **Toxic Shock: The “unhealthy” consequences of toxic relationships** - Toxic relationships account for many stress related health conditions both physically and psychologically – oftentimes interfering with an individual's ability to focus, cope and reason. This speech will help individuals to identify toxic relationships and will discuss how to “detox” from them.
- **Subtle Signs of Heart Disease in Women:** According to the American Heart Association, heart disease is the number one killer of women. This speech will discuss heart disease in women and how the symptoms of a myocardial infarction (heart attack) can be subtle.
- **I Can't hEAR you:** This topic discusses the EARly symptoms of childhood otitis media (middle ear infection) and the late consequences that can be associated with this illness.
- **Power Surge:** Hot flashes are a nuisance to any pre-menopausal women experiencing them. This topic is aimed to discuss the reason behind these power surges, and how they can be handled and viewed more positively.