



FOR IMMEDIATE RELEASE:

Contact: Jennifer Stevens  
Phone: 936-637-8688  
Cell: 936-635-0806  
jennifer.stevens@woodlandheights.net

### **Seminar on Food Allergies Presented by Woodland Heights' Healthy Woman Program**

Lufkin, TX, (August 19, 2009) – Food allergies are confusing and to help solve that confusion, the Healthy Woman program at Woodland Heights Medical Center sponsored the seminar, “Food Allergies: To Eat or Not to Eat.” Wednesday, August 19. Amy McLeod, Registered Dietitian, informed attendees on food allergies vs. food intolerance and give insight on how to get proper nutrition while living with food allergies.

With symptoms ranging from mild (which include rashes, itching, swelling) to severe (which include trouble breathing or loss of consciousness), it is estimated that approximately 12 million Americans suffer from food allergies. Although some people outgrow their food allergies, there are many that suffer from lifelong allergies.

“Food allergies can be a big concern, especially for mothers whose children suffer from them,” states Amy McLeod, Registered Dietitian. “Understanding what they are and how to control them on a daily basis is essential.”

Amy McLeod is a Registered and Licensed Dietitian. She is also a food & health journalist, healthy living spokesperson, and nutrition consultant for Brookshire Brothers. If you would like to ask Amy a nutrition question, please e-mail her at [askamy@brookshirebrothers.com](mailto:askamy@brookshirebrothers.com) or to set a consulting appointment with her, you may e-mail her at [amymcleodrd@yahoo.com](mailto:amymcleodrd@yahoo.com).

### **About Woodland Heights Medical Center**

Established in 1918, Woodland Heights Medical Center was Lufkin's first hospital. Now, nine decades later, Woodland Heights is recognized throughout Deep East Texas as the leading provider of high quality, innovative health care services. Accommodating a wide range of clinical specialties, Woodland Heights has achieved excellence in key medical and surgical areas including cardiology, pulmonology, neurology, orthopedic surgery, physical medicine/rehabilitation, vascular surgery and obstetrics and gynecology. Woodland Heights also offers a full range of outpatient diagnostic services including advanced imaging, laboratory, outpatient surgery and emergency services. Through its Rehabilitation Center, Woodland Heights offers cardiac rehabilitation, stroke recovery and physical and occupational rehabilitation. Combining modern facilities, leading technology, an exceptional staff and a commitment to the communities it serves, Woodland Heights Medical Center remains at the forefront of quality health care in Deep East Texas.

– End –

Large group picture: The 120 attendees to the “Food Allergies: To Eat or not to Eat” presentation given by Amy McLeod, RD,LD enjoy lunch before the presentation gets started.

Trio picture: Amy McLeod, Presenter, left, posed with Gloria McDonald and Tonya LaForge at the “Food Allergies: To Eat or not to Eat” presentation on August 19.