



**FOR IMMEDIATE RELEASE**

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***Woodland Heights Offers Cardiovascular Disease Seminar for Women***

LUFKIN, TEXAS (September 4, 2008)...Woodland Heights Medical Center recognizes that heart disease is the leading killer of American women. As part of the Healthy Woman program, Woodland Heights is hosting, “Women and Heart Disease: What You Need to Know” presented by Dr. Kevin Hudson, Cardiologist with The Heart Institute.

Dr. Hudson will inform the attendees on signs and symptoms of cardiovascular disease and give tips on prevention and protection.

One in three female adults has some form of cardiovascular disease (CVD) and in the past twenty years, the number of CVD deaths for females has exceeded those for males.

“We understand the importance of education and offering guidance to those who may not have any information about heart disease so they can make informed decisions regarding their health,” states Jennifer Stevens, Healthy Woman Advisor for Woodland Heights.

Healthy Woman is a free program offering education to the women of East Texas. For more information on this seminar or to become a member, please call 936-637-8688. Dr. Hudson specializes in Cardiology and his office is located at 310 Gaslight in Lufkin.

**About Woodland Heights Medical Center**

Established in 1918, Woodland Heights Medical Center was Lufkin’s first hospital. Now, almost 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.

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Pictured: Dr. Lance Sloan gives presentation on Diabetes and Other Midlife Annoyances to group at Woodland Heights Medical Center.