



FOR IMMEDIATE RELEASE

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Rushing Presents Eye Opening Medical Information

LUFKIN, TX (October 1, 2007) ----Dr. Melanie Rushing, therapeutic optometrist, was the featured speaker at the September Red Hot Mamas forum presented by Woodland Heights Medical Center (WHMC). Focusing on “Eye Answers Express: Emerging Eye Concerns at Menopause,” Rushing discussed the changes in eye health that happen during menopause and also educated the attendees on conditions such as glaucoma, cataracts, and macular degeneration.

Participants came away with knowledge regarding information and reduction tips on dry eyes, glaucoma, and cataracts, which is the most common cause of blindness. WHMC’s Red Hot Mamas seminar focused on this topic in recognition of National Menopause Awareness Month. The hospital is planning additional seminars on the important topic of menopause to assist women in learning about this normal life transition and how to develop a personalized plan for optimum health.

Dr. Rushing is a Therapeutic Optometrist with The Center for Sight, with offices in Lufkin and Livingston. The phone number is 936-634-8434. You can also find more information at www.thecenterforsight.com.

The next complimentary Red Hot Mamas seminar will be Tuesday, October 16. Dr. Kay Carter will present, “What’s Happening To Me? My Sleep, My Memory, My Moods, My Self.” For more information, call 936-637-8688.

About Woodland Heights Medical Center

Established in 1918, Woodland Heights Medical Center was Lufkin’s first hospital. WHMC is recognized throughout East Texas as the leading provider of high quality, innovative health care services. In 2006, WHMC was recognized by HealthGrades, a nationally recognized healthcare rankings company, as a Distinguished Hospital for clinical excellence—ranking in the nation’s top 5% for clinical care. In addition, HealthGrades recognized the hospital for its continued excellence in cardiac care, including a five star rating for the treatment of heart failure. Additionally, WHMC is ranked in the nation’s top five percent for pulmonary and gastrointestinal care. Offering a

wide range of clinical specialties, WHMC has achieved excellence in other key medical and surgical areas including neurology, orthopedic surgery, physical medicine/rehabilitation, vascular surgery and obstetrics and gynecology.

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