



**FOR IMMEDIATE RELEASE**

### **Woodland Heights Introduces Red Hot Mamas**

LUFKIN, TEXAS (January 5, 2005).... You've seen a lot of changes in your life, and one of the biggest could be just beginning: menopause. Woodland Heights Medical Center realizes that managing menopause can be a challenge. That's why they have created Red Hot Mamas—a menopause management education program aimed at providing medical information and peer support to women, men and family members dealing with the physical and psychological impact of menopause, which usually affects women age 40 and beyond.

Each month Woodland Heights will host free seminars, taught by local physicians and experts on topics related to menopause. Some of the discussions are sleep, hormone therapy, nutrition and weight management, memory loss, osteoporosis, heart disease, and looking terrific during menopause.

The first seminar entitled, Pause and Effect: The Transition Into Menopause, will take place Thursday, January 19 from 6-8 PM in the second floor classroom at Woodland Heights Medical Center. Dr. Kay Carter will talk about: biological changes taking place and their relation to health issues for women; recognizing the symptoms of menopause and managing those symptoms with lifestyle changes, hormone and complementary therapies; how to obtain more information as women approach and experience menopause.

To register for the free class, contact 936-637-8688. All women, their partners and family members are urged to attend this meeting to learn about this critical aspect of their health and become empowered to be proactive in managing their own healthcare.

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. Recognized for its continued excellence in cardiac care, Woodland Heights is a five star rated hospital for the treatment of heart failure. \* Additionally, Woodland Heights is ranked in the nation's top five percent for pulmonary and gastrointestinal care. \* Accommodating a wide range of clinical specialties, Woodland Heights has achieved excellence in other key medical and surgical areas including 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.

Woodland Heights Medical Center is an affiliate of Triad Hospitals, Inc. (NYSE:TRI), a company that owns and manages 56 hospitals and 16 ambulatory surgery centers in small cities and selected larger urban markets. Woodland Heights' web site is <http://www.woodlandheights.net>.

*\*Healthgrades*

*Editorial Note: Please refer to the company as Woodland Heights Medical Center in all forms of reference.*

*This news release may contain certain forward-looking statements that reflect the current views and/or expectations of Woodland Heights Medical Center with respect to its performance, business and future events. Such statements are subject to a number of risks, uncertainties and assumptions. Actual results may vary significantly.*

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