



Press Release

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Washington Hospital to Host Second Annual Men's Health Fair

Fremont, Calif. – Providing men with educational tools to improve their overall health is the goal of Washington Hospital's Men's Health Fair that is scheduled to take place on Saturday, October 3. This year's theme is "Get Fit, Stay Healthy" and the fair will highlight many specific issues that affect men's health including the importance of regular fitness and practicing healthy habits.

Expert panelists speaking at the fair will include physicians specializing in lung health, urology and sleep disorders, as well as a dietitian, who will focus on preventing diabetes through nutrition. Attendees will also have access to a number of educational booths and men's health screenings, including a prostate screening.

"The goal of this health fair is to engage men into taking preventive measures and practicing healthy behaviors," says Dr. Albert Brooks, Washington Hospital's Chief of Medical Affairs. "I really want to emphasize regular screening tests because if diseases are detected early, they are easier to treat."

Dr. Brooks will discuss men's health issues with a panel of Hospital physicians and special guest Shooty Babbit, former baseball player with the Oakland A's will sign autographs and talk to participants at the fitness booths during the fair.

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Washington Township Health Care District, 2000 Mowry Avenue, Fremont CA (510) 797-1111
Nancy Farber, Chief Executive Officer

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The following physicians and clinicians will make up the Men's Health Fair panel:

Dr. Rao Sunkavally, a Washington Hospital Medical Staff physician specializing in urology, will focus on how to identify some of the symptoms relating to an enlarged prostate and what to look for, as well as the screening process for prostate cancer and why it is important to screen. Cancer of the prostate, according to the Centers for Disease Control and Prevention (CDC), is by far the most prevalent form of cancer in men.

Dr. Jason Chu, a Washington Hospital Medical Staff physician specializing in pulmonary care, will tackle important lung health issues, including: Lung cancer, COPD (chronic obstructive pulmonary disorder) and influenza. Dr. Chu will discuss types of lung cancer, symptoms and why lung cancer is so difficult to diagnose in early stages, as well as why it's important for non-smokers to be aware of the causes of the remaining 10 percent of lung cancer cases, which include second-hand smoke, radon, dust, asbestos and air pollution.

Dr. Nitun Verma, medical director of the Washington Township Center for Sleep Disorders will discuss common sleep disorders including obstructive sleep apnea (OSA), which is characterized by intermittent episodes in which the sufferer stops breathing during sleep. Dr. Verma will also discuss treatment options, including CPAP (continuous positive airway pressure) masks, surgery and oral appliances made by a dentist.

Macaria Meyer, R.D., a Washington Hospital registered dietitian, will spend her portion of the Men' Health Fair panel discussion tackling the issue of how men can lower their risk of diabetes. Meyer also will talk about healthy diet and exercise as two of the main ways men can reduce the chance of developing diabetes.

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The Men's Health Fair will take place from 9 a.m. to 12:30 p.m. in the Conrad E. Anderson, M.D. Auditorium. Registration for the health fair is required and pre-qualification for the prostate screening (separate registration) is required. Call (800) 963-7070 to register. (Sorry, no walk-ins).

Washington Hospital Healthcare System includes a 359-bed acute-care hospital; the Taylor McAdam Bell Neuroscience Institute; The Gamma Knife[®] Center; Washington Radiation Oncology Center; Washington Outpatient Surgery Center; Washington Outpatient Rehabilitation Center; Washington Outpatient Catheterization Laboratory; Washington Center for Joint Replacement; the Institute for Minimally Invasive and Robotic Surgery; and Washington West, a complex which houses Washington Women's Center, Outpatient Imaging Center and additional outpatient hospital services and administrative facilities.

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(For more information, please contact Christopher Brown, director of Community Relations, Washington Hospital Healthcare System, (510) 791-3417.)