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Verdugo Hills Hospital
Presents “Skin Deep: Looking Great at Every Age”

Second of a Four-Part Health Education Series

(GLENDALE, CA – April 20, 2006) — “Skin Deep: Looking Great at Every Age” is the next presentation in Verdugo Hills Hospital’s “Take Charge of Your Life” women’s health education series. “Skin Deep” will be held Thursday, April 27, from 7 to 9 p.m. in the hospital’s council rooms at 1812 Glendale Blvd. in Glendale.

Dermatologist Lenore Kakita, M.D., and Allan Perry, Jr., M.D., a board-certified plastic surgeon, will discuss the latest innovations in non-surgical and surgical approaches to how women can look their best at every age.

“Your skin is ever-changing through the ages from childhood to the mature adult,” said Dr. Kakita. “There are highly effective steps that we can take to keep our skin looking healthier and younger.”

“Looking younger helps women feel more confident and can impact the way that others regard them,” said Dr. Perry. “I think it’s important that women know what options are available to them as they age.”

In addition to “Skin Deep,” there will be two more evening seminars offered throughout the remainder of the year. These include:

- **July 20:** Stella Chan, an integrated medicine practitioner, will lead “Demystifying Oriental Medicine.” She will dispel misconceptions about alternative therapies and discuss how integrated medicine, which couples mainstream and Eastern therapies, can lead to improved health and wellness.
- **October 19:** In “Breast Health: The Power of Knowledge,” Ignacio Acosta, M.D., will address the latest facts on breast cancer risk factors, early detection of breast abnormalities, screening and testing methods, and advances in treating breast cancer.

(More)

The cost per seminar is \$25. Reservations are required. Please call (818) 952-4677 for more information.

Verdugo Hills Hospital is a 158-bed nonprofit primary care facility nestled in the foothills between Glendale and La Cañada Flintridge. The hospital features all private rooms, 24-hour emergency services, comprehensive inpatient and outpatient diagnostic and treatment facilities, and a family birthing center. It is the only independent, freestanding hospital in the greater foothills community and has been voted “Foothill’s Best” hospital by the readers of the *Glendale News-Press* and *Foothill Leader* for the past three years. For more information, visit www.vhhospital.org.

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