



A New Day. A New Vision for the Valley.

*Contact: Mary O'Neil
For immediate release*

*Director of Public Relations and Marketing
mary.oneil@merrimackvalleyhospital.com*

Merrimack Valley Hospital Hosts Free Medical Seminar Preventing Diabetes: Overcoming Insulin Resistance

Haverhill, MA - Oct. 29, 2008- Merrimack Valley Hospital is offering a free "Meet the Expert" medical seminar in the hospital auditorium on Thursday, Nov. 13 from 6 p.m. to 7 p.m.

Karen DiPietro, a Diabetes Educator and Registered Dietitian from Home Health Foundation, will present "Preventing Diabetes: Overcoming Insulin Resistance. Her presentation will focus on the role of insulin in the body, risk factors for developing insulin resistance, how insulin resistance is diagnosed, and how it can be prevented or reversed.

Attendees will learn practical tips for cutting calories, as well as the value of exercise and weight loss to prevent or reverse insulin resistance and lessen your chances of developing type 2 diabetes or heart disease. Karen DiPietro has over 20 years experience as a registered dietitian. She has been a certified diabetes educator for six years.

This event is free and open to the public. A 1.0 Contact Hour will be awarded to health care professionals at the end of the presentation. Registration is required by calling 978-420-1157 or by email to mary.oneil@merrimackvalleyhospital.com. Light refreshments will be served.

"Meet the Expert" is a series of medical presentations offered at both Merrimack Valley Hospital and the Haverhill YMCA throughout the fall and winter months. Merrimack Valley Hospital and the Haverhill YMCA are offering "Meet the Expert" medical seminars as part of their on-going commitment to build a

healthier community. “Merrimack Valley Hospital has always been very supportive of the Haverhill YMCA. In the fall it was the sole sponsor of the Youth Basketball program and now the hospital is bringing educational programs to the Y. We are very excited to partner with the hospital in this way,” stated YMCA Executive Director Tracey Fuller. The Haverhill YMCA is located at 81 Winter Street in Haverhill.

About Merrimack Valley Hospital:

Merrimack Valley Hospital maintains 108 acute care bed and 17 adult behavioral medicine beds; all are private rooms. The hospital’s clinical strengths include a 24-hour emergency department; orthopedic, endoscopic and general surgery; adult behavioral medicine care with a focus on geriatric issues. MVH also provides a wide range of outpatient services, such as surgical day care; x-rays; MRI exams; PET-Scans; 64-Slice CT Scans; digital mammography; bone density testing; dysphasia testing; nuclear medicine; and physical therapy.

The hospital’s awards for excellence include the Excellence Through Insight Award, 2008 (HealthStream Research); Best in Value Hospitals, 2008 (Data Advantage); #1 Nursing Team in New England Award, 2003 (Advance for Nursing Magazine); National Quality Leader Award for Pneumonia Care, 2006 (CareScience Select Practice); High Reliability Cardiac Care Award, 2006 (MassPRO); Top 100 Best Acute Care Hospital Award, 2004 (Total Benchmark Solutions); and Top Ranked Community Value Provider Award, 2007 (Cleverley & Associates). An affiliate of Essent Healthcare, Inc., the hospital serves Merrimack Valley and southern New Hampshire. More information can be found at www.merrimackvalleyhospital.com.