



A New Day. A New Vision for the Valley.

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For immediate release*

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Merrimack Valley Hospital Hosts Free Medical Seminar Obesity & Its Effects: How to become the 'Biggest Loser' without being on TV

Haverhill, MA - Sept. 29, 2008- Merrimack Valley Hospital is offering a free “Meet the Expert” medical seminar at the Haverhill YMCA on Oct. 14 from 6 p.m. to 7 p.m. Presented by Yuliya Mandel, M.D., the presentation will focus on obesity and how it effects the entire body. Dr. Mandel will talk about the health implications of obesity, but also touch upon the definition of normal weight, the meaning of BMI and waist circumference, how to lose one pound per week and the newest guidelines for weight loss therapy.

This event is free and open to the public, and 1.0 contact hour will be awarded to health care professionals at the completion 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. They are 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 Tracy 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.