



*A New Year...
A New Healthier You!*

Stroke Education & Cholesterol Lecture



- Risk factors and warning signs associated with stroke
- How you can prevent a stroke
- Cholesterol

Free Blood Pressure Check and Blood Glucose/Cholesterol Screenings
Wednesday • March 3 • 12:30 - 1:30 p.m.
 Weingart YMCA • 5835 Carson St. • Lakewood
Call 800-813-4345 to reserve your seat.

Acid Reflux Seminars

Speaker: Shyam Dahiya, M.D.
 Join us for a free community seminar and learn about the latest procedures for treating chronic acid reflux.
 Seminars will be held on:
Tuesday • March 2 • 6:00 - 7:30 p.m.
Tuesday • March 23 • 6:00 - 7:30 p.m.
 Lakewood Regional Medical Center
 Conference Area, Room B
 3700 E. South St. • Lakewood
Call 800-813-4345 to reserve your seat.

The Aging Eye

Speaker: Emma Clay, M.D.
 Learn about the most common issues affecting the eyes of seniors, as well as the latest treatments and advances in ophthalmology.
Friday • March 5 • 2:30 - 3:30 p.m.
 Lakewood Regional Medical Center
 Conference Area, Room B
 3700 E. South St. • Lakewood
Call 800-813-4345 to reserve your seat.

Minimally Invasive Treatment for Back and Neck Pain

Speaker: Anand Lapsi, M.D.
 Learn how minimally invasive surgery can be used to treat nearly all spinal disorders. Specialized instruments are used to decrease the size of the incision and injury to surrounding soft tissues. Patients with herniated disks, spinal stenosis, spondylolisthesis, scoliosis, kyphosis, spinal fractures, infections and even tumors may be candidates for this type of treatment.
Wednesday • March 10 • 6:00 - 7:30 p.m.
 Lakewood Regional Medical Center
 Conference Area, Room B
 3700 E. South St. • Lakewood
Call 800-813-4345 to reserve your seat.

FREE COMMUNITY LECTURES, SCREENINGS & SUPPORT GROUPS

SPACE IS LIMITED. PLEASE CALL 800-813-4345 TO RESERVE YOUR SEAT.

No Cost Good To Go— From Head To Toe Wellness Fair

Make 2010 the year to celebrate “a new year ... a healthier you” at the free Good to Go – From Head to Toe Wellness Fair presented by Lakewood Regional Medical Center.

At no cost, the wellness fair will feature:

- Blood glucose and cholesterol screening with the option of a consultation with a Cardiologist (Limited to the first 50 registrants).
- Foot screening by a Podiatrist who will be available on site to answer questions.
- Deep vein thrombosis (DVT) early detection assessments to evaluate the health of leg veins and assess the risk of blood clots.
- Cataract Screening - Our Ophthalmologist will check your eyes for cataracts and answer any questions related to eye problems.

Saturday • February 20 • 9:00 a.m. – 12:00 p.m.
 Lakewood Regional Medical Center • Conference Area
 3700 E. South St. • Lakewood
Space is limited. For more information or to make reservations, call 800-813-4345



New Cataract Surgery Technology: How You Can Reduce Your Need For Glasses

Speaker: Michael Sheety, M.D.
 Learn how and why cataracts may develop and the latest available surgical options for vision correction or enhancement including no-stitch cataract surgery. Lens replacement technology will also be discussed, including the benefits that could reduce or eliminate the need for glasses for distance, intermediate and near vision.
Thursday • March 18 • 10:40 - 11:45 a.m.
 Weingart Senior Center • 5220 Oliva Ave. • Lakewood
Call 800-813-4345 to reserve your seat.

Is Bariatric Surgery Right for Me?

Speaker: Shyam Dahiya, M.D.
 If you're considering weight-loss surgery, join us as we discuss the indications, types of procedures, possible risks/benefits and post surgical follow-up care. Board Certified Surgeon Shyam Dahiya will present very detailed descriptions of gastric bypass and gastric banding surgery and demonstrate how the operations work. Doctor Dahiya will explain the differences between the operations and compare the success rates and risks of each.
Wednesday • March 24 • 6:00 - 7:30 p.m.
 Lakewood Regional Medical Center
 Conference Area, Room B
 3700 E. South St. • Lakewood
Call 800-813-4345 to reserve your seat.



Diabetes: Symptoms, Diagnosis & Treatment Options

Speaker: Steven Eng, M.D.
 Join Dr. Eng for a discussion on diabetes. Learn the symptoms and warning signs of the disease. Understand how it is diagnosed and what treatment options are available. He will also present warning signs for diabetics and why controlling this disease is so important.
Wednesday • March 24 • 12:30 - 1:30 p.m.
 Weingart YMCA • 5835 Carson St. • Lakewood
Call 800-813-4345 to reserve your seat.

Heart Healthy Eating

Learn the basic nutritional guidelines for heart healthy eating.
Wednesdays • 3:00 - 4:30 p.m.
 2/17 • 4/21 • 6/23 • 8/18 • 10/20 • 12/15
 Lakewood Regional Medical Center
 Conference Area, Room A
 3700 E. South St. • Lakewood



Nutrition for Diabetes

Learn to make appropriate meal planning and food choices to help manage diabetes.
Wednesdays • 3:00 - 4:30 p.m.
 3/24 • 5/19 • 7/21 • 9/15 • 11/17
 Lakewood Regional Medical Center
 Conference Area, Room A
 3700 E. South St. • Lakewood

Weight Loss Surgery Education & Support Group BARIATRIC SUPPORT GROUP

First Thursday of Every Month
Thursdays • 6:30 p.m.
 2/4 • 3/4 • 3/4 • 4/1 • 5/6 • 6/3
 7/1 • 8/5 • 9/2 • 10/7 • 11/4 • 12/2
 Lakewood Regional Medical Center
 Conference Area, Room A
 3700 E. South St. • Lakewood



 **Lakewood**
 Regional Medical Center
 Your Health...Your Hospital



3700 E. South Street | Lakewood, CA 90712
 (562) 531-2550 | LakewoodRegional.com

105 FWY	Paramount Blvd.	Donner Ave.	Lakewood Blvd.	Bellflower Blvd.	606 FWY
710 FWY					
		South St.			
91 FWY					
405 FWY					