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**Putting the Focus Back on Breast Care**

*Hospital's health education series for women wraps up*

(GLENDALE, CA – October 20, 2006) — More than 20 women found time in their busy schedules to get informed and empowered at a seminar entitled “Breast Health: The Power of Knowledge,” the last in Verdugo Hills Hospital’s four-part health education series for women.

Dr Ignacio Acosta, a breast surgeon at the hospital, presented the 90-minute seminar on Thursday, October 19, and fielded a variety of questions from women in the audience eager to learn more about breast cancer. Dr Acosta has treated many breast cancer patients in the community and is committed to improving breast cancer awareness among women – but he never fails to inject a potentially difficult subject with his own unique sense of dry humor.

“Well, I hope everyone wasn’t bored,” said Dr Acosta, after question time wrapped up. “I hope people know more and understand more about the risks of breast cancer and how it operates because I want them to worry less and focus on taking better care of themselves.”

Sareda Schramm, a Sunland resident who began her career at Verdugo Hills Hospital and also worked for Dr Acosta for many years, said the information presented was invaluable.

“Overall, the whole women’s health program was wonderful,” Schramm said. “I wish more people were able to attend the seminar because all the information that was presented to us was exactly what people want to know. He discussed everything that a lot of women often wonder about but just don’t know who to ask or where to go to get reliable information.”

The seminar coincides with Breast Cancer Awareness Month. During the month of October, Verdugo Hills Hospital is offering all women 40 years and older a screening mammogram for a discounted price of just \$55. To make an appointment, call the Dixie Lee Ratliff Breast HealthCare Center, which is located at the hospital, at (818) 952-3557.



**Picture caption: Dr Ignacio Acosta at the “Breast Health: The Power of Knowledge” seminar on October 19**

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 was voted “Glendale’s Best Hospital” for 2006 by readers of the *Glendale News-Press*. For more information, visit [www.vhhospital.org](http://www.vhhospital.org).

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