



NEWS

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ONE WOMAN AND HER FIGHT TO LOSE INSPIRES OTHERS

FOR IMMEDIATE RELEASE:

Belle Glade, FL, January 1, 2008 – Resolutions go hand-in-hand with celebrating the New Year. Weight loss is often at the top of the list of changes. For Ann Lovell, a retired school teacher and librarian, her tremendous weight loss story began as a life-long struggle. When Ann's weight inched toward 300 pounds, she decided changes had to be made. After several failed attempts at weight loss programs, Ann enrolled in the Wellness Program at Glades General Hospital. For Ann, this was the first time she incorporated exercise into her weight loss plan.

"It makes me feel great and the compliments keep me going," said the Belle Glade resident. It was a long slow process and initially frustrating for her when the early weight loss was not outwardly visible. Five years later and 110 pounds lighter, Ann has beaten the odds. Ann learned how to safely advance her exercise workloads and monitor her heart rate at the hospital's medically supervised program. She also received support, education, and encouragement, not only from the staff, but also from the other participants. Ann currently performs 50-60 minutes of aerobic exercise in addition to stretching exercises, and weight training. Nurse Karen Schutzer, the Director of Cardiac Rehabilitation & Wellness at Glades General said, "The tremendous weight loss accomplished by Ann Lovell is probably the greatest success story in my department. Ms. Lovell is actually quite "tickled" about all the attention and sharing her story with others."

Diabetes is a significant health issue affecting the Glades. The rate of hospitalization of Glades residents for chronic diseases such as diabetes, asthma and cardiopulmonary disorders is much higher than the rates county-wide. Statistics show among Medicaid patients at Glades General Hospital in 2005, a rate of 37 per 1000 hospital visits for diabetes compared to 22 per 1000 county-wide. In addition to the Wellness Program, Glades General Hospital also offers cardiac rehabilitation to help heart patients recover faster after heart surgery or a heart attack, allowing them to resume an active and healthy lifestyle. The new \$73 million regional hospital that the Health Care District of Palm Beach County is currently constructing in the Glades will have significantly more space for increased education and wellness opportunities. The Cardiac Rehabilitation and Wellness Center of Glades General Hospital is located at Glades Medical Plaza, 941 SE First St. in Belle Glade and is open Tuesdays & Thursdays from 8:30AM to 8:30PM. For information on programs, call 561-996-5131.

About Glades General Hospital:

Glades General Hospital, Palm Beach County's only public hospital, is a JCAHO accredited, 73- bed acute care facility located in the heart of a large agricultural belt on the southern shores of Lake Okeechobee. Operated by the Health Care District of Palm Beach County, GGH is one of the largest employers in the Glades with just over 300 employees. The Health Care District is currently constructing a new regional hospital and medical campus that will open in 2010. This technologically-advanced \$73 million facility will feature all private patient rooms. The new 70-bed hospital hopes to attract physicians and patients from all over Palm Beach County with services including: a Trauma Hawk air landing pad; a 24-hour physician staffed emergency room; obstetrics with advanced diagnostic testing; general surgery; social services; radiology and nuclear medicine.