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For Immediate Release:

**The Road to Wellness Health Fair and Panel Aims for Greater Public
Awareness of Healthy Living Issues**

Lifestyle Experts Focus on Prevention and Treatment

(Teaneck, NJ) – The HealthCare Institute New Jersey today hosted “The Road to Wellness: A Health Fair and Panel Discussion” at Fairleigh Dickinson University in Teaneck. The discussion featured U.S Representative Steve Rothman (NJ-9) and a host of health experts from area hospitals. The health fair provided members of the local community with free health screenings for Cholesterol, Glucose, Body Mass Index, Blood Pressure and Glaucoma as well as expert advice pertaining to these topics.

“The HealthCare Institute of New Jersey is proud to sponsor ***The Road to Wellness***,” said Kevin Rigby, Vice President, Public Affairs & Communications for Novartis Pharmaceuticals Corporation and 1st Vice Chairman of the HealthCare Institute of New Jersey. “It is so critical that we not only continue to bring information on cutting-edge research, diagnostics, and treatments to the community, but also the resources that will help patients access health care services and needed prescription medicines.”

Participants were able to hear from local health experts on healthy lifestyle topics ranging from heart and vascular health to managing diabetes.

“I am thrilled to be here with you today to talk about how we can take control of our health and prevent chronic illness,” said U.S. Rep. Rothman. “A lot of work remains to be done to increase awareness of how illness can be prevented and treated. Today’s program will provide you with the information you need to put you and your family on the path to good health.”

In recent years, chronic diseases such as heart disease, asthma, cancer and diabetes have become the leading cause of death and disability in the United States. Seven out of every 10 deaths are attributable to chronic disease. As a result of many factors including poor lifestyle choices, the incidence of chronic diseases has increased dramatically over the last three decades, according to the Partnership to Fight Chronic Disease. It is estimated that health care costs for chronic disease treatment account for over 75% of national health expenditures. (CDC)

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The program featured a panel presentation of experts including: Mary O'Connor, RN, diabetes educator from the Englewood Hospital and Medical Center, David Landers, M.D, executive director, Heart and Vascular Hospital, Hackensack University Medical Center, and Judith Kutzleb, DNP, RN, CCRN, NP-C, vice president, Education Doctor of Nursing Practice - Adult Medical Clinic, Holy Name Medical Center.

Major Funding support was provided by Astra Zeneca, Merck & Co., Inc., sanofi-aventis, Stryker Corporation and We Work For Health/New Jersey. Exhibitors included: American Diabetes Association, Congressman Steve Rothman, Diabetes Foundation, Inc., Englewood Hospital and Medical Center, Fairleigh Dickinson University School of Nursing, Friends of the Congressional Glaucoma Caucus Foundation, Gilda's Club of Northern New Jersey, Hackensack University Medical Center, HealthCare Institute of New Jersey, Holy Name Medical Center, Mental Health Association of New Jersey, New Jersey Association of Mental health and Addiction Agencies, Inc., We Work For Health.

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