

**FOR IMMEDIATE RELEASE**

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**April 26, 2006**

**THE UA NATIONAL CENTER OF EXCELLENCE IN WOMEN'S HEALTH CELEBRATES  
NATIONAL WOMEN'S HEALTH WEEK**

In honor of National Women's Health Week, The University of Arizona (UA) National Center of Excellence in Women's Health invites you to *Take Charge of Your Health* on May 17 from 11:30a.m. – 1:30 p.m. in DuVal Auditorium at University Medical Center, 1501 N. Campbell Avenue, Tucson, AZ. Invited speakers are Adrienne Walker, MIX-FM radio personality, and Dr. Lori Mackstaller, a physician specializing in women's health at the Sarver Heart Center. This mini-health fair will also include drawings, informational booths, and screenings for bone density, blood pressure, and more.

Adrienne Walker, a heart disease survivor, will talk about her personal experience and the need for women to take charge of their health. Dr. Lori Mackstaller will provide information about heart disease in women and what positive steps can be done to lower the risks.

This National Women's Health Week event is free and open to the public, however, space is limited. For more information, contact Darla Franklin at 520-626-5660.

National Women's Health Week kicks off on Mother's Day, May 14 and continues through May 20. Tucson Mayor Bob Walkup and Governor Janet Napolitano have both issued proclamations in honor of National Women's Health Week to encourage all Arizonans to work together to promote and improve the health of women and to raise understanding and awareness of women's health issues.

The Office on Women's Health, part of the U.S. Department of Health and Human Services, urges women to reconnect to their health during National Women's Health Week 2006. This national effort calls attention to the importance of women's health and is marked by over 1,000 events across the country listed on [www.womenshealth.gov/whw](http://www.womenshealth.gov/whw).

"National Women's Health Week calls upon the country's 150 million women to reconnect to their health," says Dr. Wanda Jones, Deputy Assistant Secretary for Health for the U.S. Department of Health and Human Services. "We want to tell our mothers, our sisters, our daughters, our aunts and friends: take some time for yourself. One of the best gifts you can give yourself is to schedule an annual visit with a health care provider." Women are encouraged to talk to their health care provider about the recommended screening tests and immunizations for their age and background. Learn more about these recommendations by visiting <http://www.womenshealth.gov/screeningcharts/>.

In October 2003, the U.S. Department of Health and Human Services honored the University of Arizona with the prestigious designation as a National Center of Excellence in Women's Health (CoE). The twenty National CoEs in Women's Health offer the nation a model of comprehensive and innovative health care solutions for women, especially minority and underserved women. At the University of Arizona, the CoE focuses on uniting clinical care with scientific research, integrating sex-based medicine into professional education, furthering community outreach, and promoting leadership for women in academic medicine.

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