

## Free Women's Health Forum Featuring Rothman Draws Big Crowd, Provides Lifesaving Tips

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Congressman Co-Hosted Event with HealthCare Institute of New Jersey  
To Encourage Women To Lead Healthier Lives

Hackensack, NJ - Hundreds of women from across Northern New Jersey turned out Saturday, April 17 for a free health forum for women featuring Congressman Steve Rothman (D-Fair Lawn). Following the Forum for Women: "Living a Healthy Lifestyle", which was organized by the HealthCare Institute of New Jersey (HINJ), Rothman said he was very pleased to see so many women come out to learn more about how they can live healthier lives and to take advantage of the free health screenings offered throughout the four hour forum.

"Having hundreds of women from throughout Northern New Jersey come out to this free health forum demonstrates that women are looking for the information that will help them achieve healthier lives," Rothman said. "This free forum was important because women often feel there are too many competing demands on their time to make their own health a priority. They are often too busy balancing their time with work, family and friends, or too concerned with the health of others to concentrate on their own health. I am very pleased that we were able to provide this health forum for women and to provide them with the information that may well save or extend their lives."

The Forum for Women: "Living a Healthy Lifestyle" was designed to educate women about the positive effects of various health screenings. Participants learned the steps necessary to lead healthier lives through screening and preventive efforts. Free cholesterol tests, glaucoma exams, glucose screenings, body mass index analyses, and blood pressure examinations were available on-site throughout the event. In addition to information from medical experts, several Northern New Jersey community health-related agencies had representatives on hand to highlight the services they offer.

Health care statistics for women in the United States are frightening. For women, heart disease is responsible for more deaths than the next seven causes of death combined, yet only 8 percent of women think that heart disease is a major personal concern. The Center for Disease Control and Prevention reports that by 2005, obesity will become the nation's number one cause of death because of its vast and insidious effects ranging from heart disease to stroke and diabetes. The statistics for cancer are equally disturbing. According to the American Cancer Society, New Jersey women have the second highest cancer rate of any state in the U.S. and, for every 100,000 New Jersey women, 452 will be diagnosed with cancer this year.

"Throughout my four terms in Congress, fighting to improve health care has been a top priority. As a member of the House Appropriations Committee, I have had the honor of supporting programs that promote scientific research and medical training, which are critical to finding treatments, cures, and preventive measures, for cancer, heart disease, diabetes, and other illnesses for men and women," Rothman said. "Whether it is securing money for local hospitals to expand their services, bringing home money for Northern New Jersey's Gilda's Club - a cancer support group - to expand their facilities, or working on numerous pieces of nationally-focused legislation to help improve the health of men and women, I am very committed to ensuring that every American has the opportunity to lead a healthy life."

In addition to HINJ, the Forum For Women: "Living a Health Lifestyle" event was sponsored by Englewood Hospital and Medical Center, Hackensack University Medical Center, Holy Name Hospital, and The Valley Hospital.

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