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***For Immediate Release***

## **SAINT JOHN'S HEALTH CENTER ENCOURAGES HEALTH AWARENESS FOR LATINAS**

**McAlister Women's Health Center Observes National Women's Health Week in May**

SANTA MONICA, Calif., May 4, 2011 – Latinos are the fastest growing population in the United States, according to the 2010 census, there are 50.5 million Hispanics in this country, a 43% increase since the 2000 census<sup>1</sup>. Like so many Americans, Latinos are challenged by high rates of heart disease<sup>2</sup>, diabetes<sup>3</sup> and obesity<sup>4</sup>. Latina women, in addition to these challenges, face another set of women specific issues of their own, including: sexuality, reproductive planning and primary and preventative care for all ages of womanhood. Oftentimes cultural and language barriers keep Latinas from explaining their symptoms or understanding their doctor's advice. That's why, in observance of National Women's Health Week, Saint John's McAlister Women's Health Center and its top Hispanic physicians aim to encourage health awareness and educate Latinas in Southern California by opening up the dialogue in English and Spanish between patients and their doctors to help encourage women of all ages to maintain regular health check ups.

"Latina women are always so preoccupied with the family's well-being that they often neglect their own health," says Dr. Jacqueline Trejo, Obstetrician and Gynecologist at Saint John's McAlister Women's Health Center. "The American College of Obstetricians and Gynecologists recommends that women maintain regular primary and preventative care visits at all ages, as a physician, a Latina and a mom, I agree, there is no better way to monitor a woman's well-being. Empowering Latinas to ask questions and to communicate freely about women-related health issues is the first step in educating them to make their own health a top priority and a key to prevention."

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<sup>1</sup> <http://2010.census.gov/prod/cen2010/briefs/c2010br-02.pdf>

<sup>2</sup> [http://www.americanheart.org/downloadable/heart/1168615288228LatinoSpan%20HeartFacts07\\_loRes.pdf](http://www.americanheart.org/downloadable/heart/1168615288228LatinoSpan%20HeartFacts07_loRes.pdf)

<sup>3</sup> [http://ndep.nih.gov/media/ControlGrowingEpidemic\\_Article.pdf](http://ndep.nih.gov/media/ControlGrowingEpidemic_Article.pdf)

<sup>4</sup> [http://www.cdc.gov/PCD/issues/2007/oct/pdf/07\\_0052.pdf](http://www.cdc.gov/PCD/issues/2007/oct/pdf/07_0052.pdf)

Dr. Trejo says getting regular check-ups is the best preventative measure to reduce future health challenges. Screenings could be easily done at a doctor's office and they include physical examinations, laboratory testing and health risk factor assessments. Seeing a doctor regularly is a small step towards a healthy lifestyle and long term preventative care. Patients can learn about behaviors to avoid, as well as lifestyle changes to lower risk of disease.

As a commitment to women's health, Saint John's Health Center recently opened the McAlister Women's Health Center which is Southern California's newest and most advanced women's medical facility. Encompassing the entire third floor of the new Howard Keck Center, it has been designed to offer comfort and privacy while providing exceptional care by leading women's healthcare specialists. The inpatient unit features three distinct areas—labor, delivery and recovery; postpartum; and women's services. Saint John's is dedicated to caring for women at every stage in their life by providing a full spectrum of treatment and diagnostic services, including: obstetrics and maternity, reproductive medicine, cancer treatment, diabetes, age-related hormone therapy, osteoporosis assistance, orthopedics and menopause.

**For more information on the Saint John's McAlister Women's Health Center and how to reach Dr. Trejo for an interview, visit Saint John's Health Center website at [www.newstjohns.org](http://www.newstjohns.org).**

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#### **About Dr. Jacqueline Trejo**

A native of Peru and raised and educated in the United States, Dr. Jacqueline Trejo M.D., M.S., is board certified in both Obstetrics and Gynecology. Her drive to expand health care for Hispanics and treat health problems that affect the women of Los Angeles has led Dr. Trejo to co-found the web of doctors Latino MedPro where she is currently the Director of Obstetrics and Gynecology. In addition to Trejo's work at the McAlister Women's Health Center in Saint John's Hospital, she continues to give back to the Latino community by serving as a presenter for *the Adelante Mujer Latina* conferences, volunteering her services in West Los Angeles and mentoring minority students in medicine and pre medicine.

#### **About Saint John's Health Center**

Since its founding in 1942 by the Sisters of Charity of Leavenworth, Saint John's Health Center has been providing the patients and families of Santa Monica, West Los Angeles and ocean communities with breakthrough medicine and inspired healing. Saint John's provides a spectrum of treatment and diagnostic services with distinguished areas of excellence in cancer care, spine, orthopedics, women's health, cardiac care and specialized programs such as the internationally acclaimed John Wayne Cancer Institute. Saint John's is dedicated to bringing to the community the most innovative advances in medicine and technology.