



Manhattan Surgical Hospital

FOR IMMEDIATE RELEASE

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Press Release

Manhattan Surgical Hospital Promotes Healthy Skin Month.

Manhattan, KS (November 2011) November is Healthy Skin month. At the beginning of the cold weather season, it's more critical than ever to learn how to protect and nourish one of the body's largest and most vital organs.

The observance of Healthy Skin month encourages awareness of the importance of year-round skin protection with sunscreen, regular skin exams, the role of healthy eating in skin care, and how to prevent skin damage and reduce the signs of aging.

Healthy Skin Tips:

- Consistently wear sunscreen year-round
- Eat a healthy diet rich in omega-3s, whole grains, B vitamins, fruits and vegetables and lean protein
- Moisturize frequently throughout the day
- Protect your lips with sunscreen lip balm
- Perform skin exams on yourself and your loved ones

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Manhattan Surgical Hospital is a joint venture partnership between area physicians and Nueterra Healthcare, a health care management company based in Leawood, Kansas. The facility treats more than 9,200 patients annually and offers six operating rooms, three endoscopy suites, five treatment rooms, and 13 inpatient rooms. Manhattan Surgical Hospital performs procedures for ear, nose, and throat, gastroenterology, general surgery, gynecology, orthopedic surgery, pain management, plastic surgery, podiatric surgery, and urology.

More information on Manhattan Surgical Hospital is available at www.manhattansurgical.com

More information on Nueterra Healthcare is available at www.nueterrahealthcare.com or by contacting Jennifer Fox, communications specialist, at jfox@nueterra.com or (913) 387-0615.

Contact your physician for more information about healthy skin care.