

# Health & Wellness Series



*Santiago Martinez, M.D.  
Board Certified  
Allergist*

## Food Allergies

**August 10, 6:00 pm - 7:00 pm**

Food allergies are abnormal responses of the body's immune system to certain foods or ingredients. They can manifest themselves as rashes, swelling of the skin, nasal congestion, nausea, diarrhea or anaphylactic shock. About 1-2% of adults and 6-8% of children less than 3 years of age have food allergies. To treat food allergies we must avoid the offending food. Come learn more about the diagnosis and treatment of food allergies. To register call 352.394.4071, ext. 4412. Free and open to the public.

## Men's Health Event: Prostate Screening\*

**September 11, 9:00 am**

Dr. Kenneth Essig will give a brief education presentation. The screening will include a digital exam (DRE) and a prostate specific antigen blood test (PSA). \* The American Urological Association encourages all men who are in good health to have an annual prostate cancer screening starting at the age of 50, or at the age 40 if they're in high risk groups. Please consult your physician. Screening fee is \$10.00. Pre-registration is required, please call 352.241.7109 to register.



*Kenneth Essig, M.D.  
Board Certified  
Urologist*

## Women's Health during Pregnancy

**September 30, 6:00 p.m. – 7:00 p.m.**

Prenatal care and a women's health during pregnancy are important factors in having a healthy baby. With numerous sources of information available today, it can become overwhelming and confusing knowing what information is accurate and important for your health throughout pregnancy. Come learn about infertility issues and options, prenatal and postpartum care and other pregnancy related issues. To register, call 352.394.4071, ext. 4412. Free and open to the public.



*Manny Herrera, M.D.  
Obstetrics &  
Gynecologist*



Unless otherwise noted, all classes are held at the  
**National Training Center (NTC)**  
1935 Don Wickham Drive  
[www.southlakehospital.com](http://www.southlakehospital.com)