

FOR IMMEDIATE RELEASE

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HealthyWomen and UCB, Inc. Host “Women Succeeding with Chronic Conditions” Health Pavilion at NBC4 Health and Fitness Expo

Pavilion features New York Times bestselling author and fitness expert Dr. Pamela Peeke

ATLANTA, GA AND RED BANK, NJ – January 13, 2012 – Millions of people in the U.S. live with chronic health conditions, and many may find it difficult to manage their condition. The *Women Succeeding with Chronic Conditions* health pavilion provides comprehensive information and practical solutions designed to help those touched by a chronic condition lead a full and active life. Featuring world renowned health and fitness expert Dr. Pamela Peeke—who will demonstrate exercise techniques tailored to women living with rheumatoid arthritis—the health pavilion will be held at the NBC4 2012 Health and Fitness Expo in Washington, DC, January 14-15, at the Walter E. Washington Convention Center. Members of the public are invited to participate free of charge.

The health pavilion is an empowering health education effort led by HealthyWomen, the nation’s leading nonprofit health information source for women, and UCB, Inc., a global biopharmaceutical leader in the research and development of medications to treat immunology and central nervous system disorders. HealthyWomen and UCB have partnered to educate women about chronic conditions. The health pavilion will offer in-depth information on rheumatoid arthritis, Crohn’s disease and epilepsy.

“As a trusted source of health information and resources for women, HealthyWomen is pleased to partner with UCB at the NBC4 Health and Fitness Expo to educate women about how to live well with a chronic condition,” said HealthyWomen Executive Director Elizabeth Battaglino Cahill, RN. “Women are frequently healthcare decision makers for themselves and their families; therefore, it is critical that they obtain the tools and guidance that will help them succeed.”

The health pavilion will showcase first-person accounts from several inspiring and strong women who have learned to successfully manage and live beyond the boundaries of a chronic condition. Visitors will also find guidance for becoming their own health advocate, motivational tips for getting and staying active, and opportunities to sign up for additional resources.

“Although chronic conditions often pose unique challenges, we want women who live with or care for a loved one with a chronic condition to feel informed and empowered to live their best life,” said Dr. Peeke.

To learn more about *Women Succeeding with Chronic Conditions* visit www.HealthyWomen.org.

What: *Women Succeeding with Chronic Conditions* health pavilion (Booth 1122)

Where: 2012 NBC4 Health and Fitness Expo, Walter E. Washington Convention Center

When: Saturday, January 14th and Sunday, January 15th, 2012 from 9:00 a.m. to 5:00 p.m.

About Rheumatoid Arthritis, Crohn's Disease and Epilepsy

- Rheumatoid Arthritis (RA): a chronic autoimmune disease that mainly involves inflammation of the joints, including small joints in hands and feet.¹ RA can cause painful swelling that can interrupt daily activities and may eventually result in bone erosion and joint deformity if not adequately treated.¹
- Crohn's disease: a chronic, progressive, destructive disorder that causes inflammation of the gastrointestinal (GI) tract, most commonly at the end of the small intestine and beginning of the large intestine.² If not effectively treated, it may result in the need for surgery and hospitalization.²
- Epilepsy: a chronic neurological disorder affecting approximately three million people in the U.S.—making it as common as breast cancer, which affects 2.5 million people.^{3,4} Uncontrolled seizures and medication side effects pose challenges to independent living, learning and employment. New medications and treatments give hope to those living with uncontrolled seizures.⁵

About HealthyWomen

The nonprofit HealthyWomen (HW) organization is the leading independent health information source for women. For more than 20 years, millions of women have been coming to HW for answers to their most pressing and personal health care questions. Through a wide array of online and print publications, HW provides health information that is original, objective, reviewed by medical experts and reflective of the advances in evidence-based health research. HealthyWomen believes all women should have access to the most trusted and reliable health information. Information empowers women to make the best decisions to maintain and improve their health and the health of their families. For more information, visit www.healthywomen.org.

About UCB

UCB, Brussels, Belgium (www.ucb-usa.com) is a global biopharmaceutical company focused on the discovery and development of innovative medicines and solutions to transform the lives of people living with severe diseases of the immune system or of the central nervous system. With more than 8,500 people in more than 40 countries, the company generated revenue of euro 3.2 billion in 2010. UCB is listed on Euronext Brussels (symbol: UCB).

REFERENCES:

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