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Christiana Care to open in new Smyrna Health and Wellness Center *First phase includes Physical Therapy PLUS and Imaging Services*

Smyrna, DE – On Monday, Dec. 18, Christiana Care Health System will open its doors to the public at the new Smyrna Health and Wellness Center. Christiana Care’s Physical Therapy *PLUS* and Imaging Services will mark the first phase of medical services at the new healthcare center. Located at the corner of Main and South Streets, the Smyrna Health and Wellness Center will also house a variety of services from Christiana Care and other medical providers in the coming months.

Paula Stillman, M.D., Christiana Care’s senior vice president of special projects and president of Health Initiatives, sees the new Smyrna Health and Wellness Center as a first-class facility that will enhance health care in the community. “Smyrna is a perfect location for us—we want to give people in the surrounding area access to high-quality health care services in a convenient location.” says Dr. Stillman. “It’s an exciting opportunity for Christiana Care to bring health care services to this community.”

Christiana Care’s Imaging Services will house Delaware’s first open high-field 1.0 Magnetic Resonance Imaging (MRI) unit. This state of the art equipment takes less time, provides clearer more detailed and easy to read scans than other open MRI systems. Other outpatient Imaging Services available include state-of-the-art X-ray, mammography, 64-slice CT scanner, ultrasound, vascular sonography and bone density imaging services. The Nuclear Medicine services include general nuclear medicine and stress testing. In addition, Christiana Care will offer free bone density screenings for women 40 and older.



Physical Therapy *PLUS* offers advanced rehabilitative services to help patients feel, live and perform better at any stage of life. Physical Therapy *PLUS* services include general physical therapy, conditioning programs and sports-focused training and rehabilitation. Its Exercise Services program provides custom fitness programs and preventive exercise for healthy people and for those who are at risk for chronic illnesses such as obesity, heart disease, diabetes, pulmonary disease, osteoporosis and cancer.

In 2007, additional Christiana Care services will occupy the Smyrna Health and Wellness Center, including Occupational Health and Travel Medicine services, a Medical Aid Unit and programs for Weight Management, Diabetes & Metabolic Diseases and Wound Care.

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About Christiana Care Health System

Christiana Care Health System, which dates back to 1888, is one of the region's largest not-for profit health care providers, serving the people of Delaware as well as neighboring areas of Maryland, Pennsylvania and New Jersey. A teaching hospital, Christiana Care is recognized as a regional center for excellence in cardiology, cancer and women's health services, as well as Level-I trauma care and Level-3 neonatal intensive care (both highest intensity). Christiana Care operates two hospitals, transitional care services, preventive medicine and rehabilitation services, a network of primary care physician offices and an extensive range of outpatient and home health services. Christiana Care provided \$ 25.2 million of charity care last year.