

## **Dr. Randal Wojciehoski Announces Release of His First Book**

Dr. Randal Wojciehoski, a Central Wisconsin Emergency Medicine Physician, announces the release of his first book, *To Your Health with Dr. Wojo: Practical, Easy-to-Understand Medical Advice*.

Dr. Wojo, as he prefers to be called, began writing a bi-weekly medical column, "*To your health, with Dr. Wojo*," in response to a change he saw in patients. "Over the past 20 years, I've noticed that patients are more informed and more inquisitive about personal health issues. They wanted to know how to be proactive about their health and that of their families. So I began writing my column – serving local residents by giving them the answers they sought while providing a practical means of raising general health awareness," notes Wojo. The column is currently published in several Wisconsin-based newspapers.

The book, *To Your Health*, is an engaging medical reference book that consists of his readers' favorite topics – over 90 of them. Topics range from cancer, sciatica and multiple sclerosis, to botox, seasonal allergies and pediatric concerns "I always had two dreams as a child – being a doctor and being an author," comments Wojo. "Twenty years after obtaining my first dream, I've now obtained my second. *To Your Health* combines the best of both my worlds – medicine and writing. It gives me a chance to reach a broader audience and provide practical advice about prevention and appropriate medical treatment to anyone who reads it."

Dr. Wojo, a noted national speaker, welcomes the opportunity to offer presentations and conduct informal question and answer seminars with students entering the medical profession, as well as audiences interested in generating discussions concerning preventative health measures. Interested parties should contact Ms. Michelle Rothmeyer at [mrothmeyer@tmaperitus.com](mailto:mrothmeyer@tmaperitus.com) or 715. 849.4200.

*To Your Health* is available online at [www.drwojo.com](http://www.drwojo.com) and [www.amazon.com](http://www.amazon.com), at Barnes & Noble bookstores and several central Wisconsin bookstores.

### **About Dr. Wojo**

Dr. Wojo was born at St. Michael's Hospital in Stevens Point, where he now serves as an Emergency Medicine Physician, and attended Pacelli High School. He attended Marquette University, located in Milwaukee, and completed his medical degrees at The New York College of Podiatric Medicine and the University of New College of Osteopathic Medicine. He completed his residency at Marshfield Clinic in Wisconsin and is board certified in Emergency Medicine and Internal Medicine. Dr. Wojo is an experienced medical expert in legal cases, a syndicated columnist and lecturer. [www.drwojo.com](http://www.drwojo.com).