



# ENDOCRINE DISORDER

Volume 5, Issue 7

October, 2011

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## AMERICAN DIABETES MONTH

### FREE HEALTH SCREENING

- Mark your calendar for Saturday, **December 10, 2011**, for this year's health screening from **8 AM- 3 PM**
- Screening includes: **assessment, blood pressure, sugar and cholesterol check** by Mercy Community Health Nurses
- Representatives from **Mercy EAP, Glenbeigh Substance Abuse Treatment Center and Area Office of Aging** will be on hand for questions and information
- **Red Cross** will be available for blood donations from **8AM –1PM**
- Bring in **6 cans** of food for the **Toledo Seagate Food Bank** and receive an extra chance for the prize drawing
- For each service you complete, you will receive a ticket to win a **42" flat screen TV with an Xbox 360 Kinetic System bundle**
- **Flu shots** will also be available for \$20. Medicare members will need their Medicare cards

November is American Diabetes Month. With nearly 26 million children and adults in America living with diabetes, and another 79 million at high risk for developing type 2 diabetes, the disease is taking a devastating physical, emotional and financial toll on our country.

- Recent numbers by the Centers for Disease Control and Prevention paint a desperate situation of where we are at, and where we are headed.
- Every 17 seconds, someone is diagnosed with diabetes.
- Diabetes kills more people each year than breast cancer and AIDS combined.
- Recent estimates pro-

ject that as many as 1 in 3 American adults will have diabetes in 2050; unless we take steps to stop diabetes.

Cancer, diabetes, heart disease and stroke, together account for two of every death in the United States; accounting for approximately 1.5 million American lives lost each year. But more and more, research finds that lifestyle changes can help lower the risk for developing these chronic illnesses. And the basic steps you must take to prevent these diseases are the same: don't smoke, get regular exercise, make healthy food choices to maintain a healthy weight and see a doctor for routine screening. If you already have diabetes, managing the disease

can lower your risk of complications such as kidney failure, stroke, blindness and amputations of legs and feet.

Free health screenings have become readily available and are offered each December by Local 50. The most lethal and subtle diseases in America are the "silent killers" because they are undetected by the sufferer. These diseases can be detected in the free health screening. Blood pressure, cholesterol, glucose levels, and your body mass index are included in your screening. This one free screening could help save your life. Remember, early detection of risk factors and lifestyle management can make all the difference in controlling the disease.

## TOP WARNING SIGNS OF DIABETES

You could be living with diabetes and not even know it. The complications of diabetes are serious.

The top warning signs of diabetes include:

- Frequent trips to the bathroom
- Unquenchable thirst
- Losing weight without trying
- Weakness and fatigue
- Tingling or numbness in your hands, feet or legs
- Blurred vision
- Dry itchy skin
- Cuts that don't heal or get infected frequently

If you notice any of these symptoms, schedule an appointment with your doctor. Early detection and treatment can keep diabetes under control.