

## Diabetes screening & education



### Could you have diabetes?

Type II diabetes affects all ages and it can't be diagnosed by symptoms alone. More than 24% of people with diabetes don't even know they have it! Have your blood glucose and hemoglobin A1C measured. Then if you have diabetes, you can manage your health to prevent complications.

#### Part 1: Diabetes Screening      Saturday, Nov. 21, 7-11 a.m.

Includes a health questionnaire, measurement of blood pressure and body mass index (BMI); and lab testing of blood sugar, hemoglobin A1C, total cholesterol, HDL/LDL and triglycerides.

#### Part 2: Education Program      Wednesday, Dec. 2, 6-7:30 p.m.

Learn more about diabetes and the important role of nutrition and exercise in managing the disease. You will receive individual health counseling from diabetes specialists who will review your screening results.

The total cost is \$10 per person for both sessions and pre-registration is necessary. Fasting requirements and directions to Mercy Hospital will be reviewed when you register.

For more information or to register, call toll-free 1-866-904-9962

[allinamercy.org](http://allinamercy.org)

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