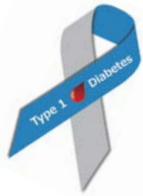


Worthington Health Office News:

March 2018 Newsletter
Volume 1, Issue 6



AMERICAN DIABETES ALERT DAY: March 27th

Diabetes is a metabolic disease causing high blood sugar levels in the body due to defects in insulin production and/or function. Insulin is a hormone released by the pancreas when we eat food. Insulin allows sugar to go from the blood into the cells. If the cells are not using insulin well, or if the body is unable to make any/enough insulin, sugar builds up in the blood.

DID YOU KNOW?

- 30.3 million people have diabetes (9.4% of the U.S. population)
- 7.2 million or 23.8% of people with diabetes are undiagnosed
- 1.5 million Americans are diagnosed with diabetes every year
- 84.1 million Americans age 18 and older have prediabetes
- 193,000 Americans under age 20 are estimated to have diagnosed diabetes
- Diabetes can be diagnosed by a simple blood test at the doctor's office
- Complications of uncontrolled diabetes include heart disease, kidney failure, nerve disease, vision problems and dental problems
- An important part of managing any type of diabetes is healthy eating and physical activity

Take a quiz to determine your risk for Type 2 Diabetes:

<http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/?loc=alertday>

RESOURCES:

[American Diabetes Association](#)

[CDC: National Diabetes Statistics Report 2017](#)



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ALERT! DAY
MARCH 27, 2018

Learn More About Diabetes:

[Type I Diabetes](#)

[Type 2 Diabetes](#)

[Symptoms](#)

[Diagnosis](#)

[Gestational Diabetes](#)