Healthy Steps Update

November 2011 www.PremierCommunityHealth.org

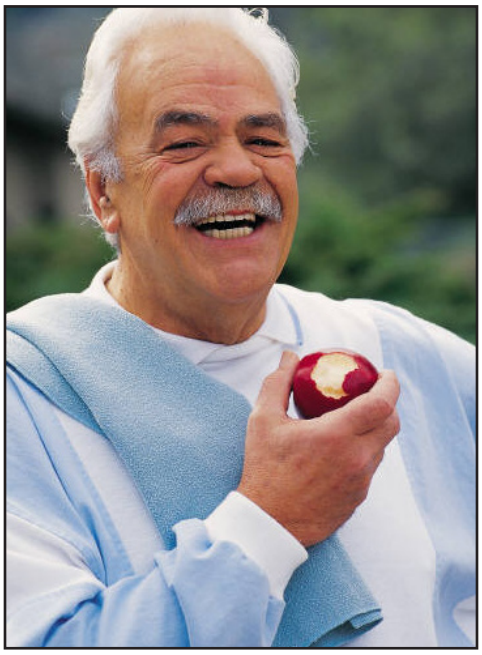
Learn to Manage Your Diabetes

As people get older, their chance of getting diabetes increases. In fact 1 in 4 Americans over the age of 60 has diabetes. Although there is no cure for diabetes, taking the time to properly manage your condition will help you live a long and healthy life.

Your first step toward managing your diabetes is to create your own personalized diabetes care team. Your team will include any professional who is working to help you manage your diabetes. This may consist of a doctor, nutritionist, personal trainer, pharmacist or diabetes educator.

Although your team will help you develop your overall plan to properly manage your diabetes, the day-to-day routine will be up to you. This may include:

- Making good choices as to what you eat and how much you eat
- Getting at least 30 minutes of exercise each day
- Checking your blood sugar levels
- Quitting smoking or using tobacco



- Taking your medicine as prescribed by your doctor

Not managing your diabetes can cause you more harm than good. Problems with your eyes, kidneys, feet or nerves can stem from unmanaged diabetes. People with diabetes are also at a greater risk for high blood pressure, heart disease and stroke. Although there is no cure for diabetes, working with your care team can greatly increase your chances of living a healthy life.

Find a Diabetes Center Near You

Bull Family Diabetes Center
1222 S. Patterson Blvd., Suite 210, Dayton
(937) 208-9090
www.BullFamilyDiabetesCenter.com

Samaritan Diabetes Center
80 E. Woodbury Drive, Dayton
(937) 734-6180
www.GoodSamDayton.org
(Do a search for "Diabetes Center")

Diabetes Wellness Center of Atrium Medical Center
Grand Medical Plaza
4218 Grand Avenue, Middletown
(513) 727-5475
www.AtriumMedCenter.org

Upper Valley Medical Center
3130 N. County Road 25A, Troy
(937) 440-4701
www.UVMC.com

Premier Health Partners

Find a list of health screenings for November on the back side. →

November Health Events and Screenings

Blood Pressure Screenings

Friday, November 4
9:30 a.m. to 3:30 p.m.
Savannah Center
5533 Chappell Crossing Blvd., West Chester
Cost: Free

Thursday, December 15
8:30 to 10:30 a.m.
Life Enrichment Center
425 N. Findlay Street, Dayton
Cost: Free

Heart Health Screenings

Speaking of Women's Health
Saturday, November 5
7:30 a.m. to 3 p.m.
Dayton Convention Center
22 E. Fifth Street, Dayton
Screenings offered: Blood pressure, total cholesterol, HDL (good cholesterol), blood sugar, hemoglobin A1c (for those with diabetes), height/weight/BMI
Cost: Tickets are required, visit www.SpeakingofWomensHealth.com for information on how to purchase event tickets.

Mall Walkers

Friday, November 11
8:45 to 10 a.m.
Mall at Fairfield Commons
2727 N. Fairfield Road, Beavercreek
Screenings offered: Blood pressure
Cost: Free
Topic: How to Stay Orthopedically Healthy

Friday, December 9
8:45 to 10 a.m.
Mall at Fairfield Commons
2727 N. Fairfield Road, Beavercreek
Screenings offered: Blood pressure
Cost: Free
Topic: TBD

Presentations/Lectures

New Dietary Guidelines
Tuesday, November 1
11:30 a.m. to 12:30 p.m.
Earl Heck Community Center
201 N. Main Street, Union
Cost: Free
Registration required. Call 1-877-GSH-WELL (474-9355)

Tips for Healthy Holiday Eating
Tuesday, November 15
11:30 a.m. to 12:30 p.m.
Vandalia Senior Citizens Center
21 Tionda Drive South, Vandalia
Cost: Free
Registration required. Call 1-877-GSH-WELL (474-9355)

Quit Tobacco Sessions

Premier Community Health offers an eight-week program designed to help you quit tobacco. A certified tobacco cessation specialist provides one-on-one counseling and support to help you quit for good. This service is free and open to the public. Call (937) 227-9400 or (877) 274-4543 for information.

Support Groups/ Classes

Breast Cancer Support Group
Meets: Second Tuesday of every month from 7 to 8:15 p.m. at The Farmhouse at Upper Valley Medical Center. Call (937) 440-4820 for information.

Stroke Support Group
Meets: Third Wednesday of every month from noon to 1 p.m. at Atrium Medical Center, 5th floor, Rehabilitation Center. Call (513) 420-5233 for information.

Join Us on Facebook, www.Facebook.com/PremierCommunityHealth

Premier Community Health, on behalf of Miami Valley Hospital, Good Samaritan Hospital, Atrium Medical Center and Upper Valley Medical Center, works to build healthier communities through prevention, early detection and disease self-management focusing on heart and lung health, cancer and diabetes.

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