

Press Release
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Diabetes Care Focus of Free Seminar Nov. 18

Lunch event at Eastland Memorial Hospital to address dangers of diabetes and ways to manage the disease.

EASTLAND, Texas (Nov. 2, 2015) – November is National Diabetes Month, and with 10.3 percent of Texans living with diabetes, knowing how to manage the disease is crucial. Having identified the need for community support on this important health matter, Eastland Memorial Hospital will be focusing on diabetes care as its next Lunch and Learn Seminar on Nov. 18.

“Our state ranks fourth in the nation in the number of residents affected by diabetes. In addition, the number of residents in Texas with diabetes is slightly higher than the national average,” says [Dr. Robert DeLuca](#), a physician in Eastland and the guest presenter at the upcoming seminar. “We want to help people with the disease better manage it and to provide awareness for those who might be at risk or at the prediabetes stage.”

According to the Centers for Disease Control and Prevention, diabetes is one of the leading causes of death in the United States. Nearly one-third of those with the disease are unaware, so there is an urgent need for Eastland County residents to become educated about the facts and to be screened for the disease.

“It is crucial for at-risk individuals to know the facts, the risks, and the way to be screened for diabetes, as the effects of this disease can lead to serious health complications or even death,” Dr. DeLuca explains. “If you are among the 20.8 million Americans living with diabetes, there are many steps you can take to manage your health and reduce its side effects.”

Diabetes causes the pancreas to alter the production of insulin, an important hormone that converts sugar and starches into energy that the body needs. If the pancreas is unable to produce enough insulin, then the amount of sugar in the blood rises uncontrollably, causing a deadly health risk.

According to the American Diabetes Association, there are three common types of diabetes. Type 1 diabetes is typically diagnosed in children and young adults. Affecting only 5 percent of people with diabetes, this type affects individuals whose bodies do not produce insulin.

In type 2 diabetes, the most common form, the body does not produce enough insulin, or the cells ignore the insulin produced, causing health issues.

Last, gestational diabetes typically appears in women during their 24th week of pregnancy. It is important for women to talk with their doctors about how to manage their blood-glucose levels during pregnancy, as this type does not mean that a woman had diabetes prior to conceiving or will have it after giving birth.

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Warning signs of diabetes include excessive thirst, frequent urination, drowsiness and itching, blurred vision, excessive weight, tingling in the extremities, fatigue and skin infections. Other signs include slow healing of cuts and scratches, especially on the feet.

People at the highest risk for diabetes are overweight, have diabetic relatives and are over age 35. Statistics also show that women are at a higher risk for diabetes than men, as are those with a family history of the disease.

Dr. DeLuca says that diabetes can be discovered with a blood test. This screening can help your physician determine what stage of the disease you have and how you can maintain optimum health.

Diabetes is a family of diseases that can have an impact on virtually all systems of the body if not properly maintained through diet, exercise and/or medication.

“If diabetes is not managed, it can have a significant impact on your body through blindness, destruction of tissues through infections such as gangrene, and diseases of the kidneys and heart,” Dr. DeLuca explains. “Life expectancy can be reduced by approximately one-third if people do not make their health a priority.”

Avoiding fatal health risks associated with diabetes is possible. For example, annual foot examinations to identify and/or prevent high-risk foot conditions caused by gangrene are encouraged.

People who have foot conditions related to diabetes should be screened more frequently than others or as recommended by their physicians. Examinations are critical in preventing the debilitating effects, including possible amputation.

As with other diseases and illnesses, everyone can benefit from a yearly physical. Screening for diabetes for those who fall in high-risk categories should be done annually.

“With the holidays around the corner, it’s even more important to raise awareness of the disease, as many foods that individuals enjoy during this time of year can be high in sugar,” Dr. DeLuca points out. “Knowing how to make wiser decisions can save your from complications down the line.”

Dr. DeLuca will lead the Lunch and Learn Seminar, which will be held on Nov. 18 at the EMH conference room. The event will take place from noon until 1 p.m. and includes a free lunch.

The program is free, but space is limited and expected to reach capacity. Interested individuals must register before Nov. 16 by calling 254-631-5342.

MORE



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About Eastland Memorial Hospital

Eastland Memorial Hospital provides healthcare for those communities in Eastland County, Texas. Founded in 1952, Eastland Memorial Hospital offers a wealth of medical services, including 24-hour emergency care; advanced radiology services, including CT scanning and MRIs, an outpatient lab, physical therapy, surgical services, patient education, sleep studies and more. For additional information, please visit www.eastlandmemorial.com.

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