



November

American Diabetes Month

*“The vision of the American Diabetes Association is a life free of diabetes and all of its burdens. Raising awareness is one of the main efforts behind the mission of the Association. **American Diabetes Month** is an important element in this effort, with programs designed to focus the nation’s attention on the issues surrounding diabetes and the many people who are impacted by the disease.”*

(www.diabetes.org/american-diabetes-month.html)



Studies have proven that people that are at high risk for developing diabetes can prevent the disease by a small amount of weight loss, getting 30 minutes of physical activity 5 days a week, and by eating healthier.

FRRH offers diabetic teaching and education to new and currently diagnosed patients.

In addition to Family Practice services, FRRH offers Podiatry Services and Diabetic Oral Exams available at our FRRH sites.

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