

FOR IMMEDIATE RELEASE

October 29, 2010

Contact: Michele Hutchins
(603) 238-6468



SMH Offering Free Clinic for Diabetes Risk Assessment

PLYMOUTH, N.H. — Did you know that 5.7 million Americans have undiagnosed type 2 diabetes? And, according to the Centers for Disease Control, one in three people could have diabetes by the year 2050. Will you be one of them?

Helping to assess your risk for developing diabetes is the focus of Speare Memorial Hospital's free Diabetes Clinic scheduled from 8 a.m. – noon on Wednesday, November 10. The clinic will take place in the offices of White Mountain Eye Care & Optical located at Speare Memorial at Boulder Point in Plymouth, just off Tenney Mountain Highway. The clinic will include visits with several providers including:

- A medical review with Physician's Assistant Britt McDonald, Tenney Mountain Internal Medicine.
- Eye screening with Dr. Chris Russo, ophthalmologist at White Mountain Eye Care & Optical.
- Diabetes education and information with Diabetes Educator Jean Baker.
- Exercise as insulin with Gillian Cavezzali, director of RehabFIT.

As Speare's Diabetes Educator Jean Baker explains, people may not have any symptoms with the early onset of the disease. She says it is important to know the risk factors, identify people while they are still symptomless and help them, "take the right actions in the right amount of time." Being overweight, high blood sugar, high blood pressure, high cholesterol, being a smoker, unhealthy eating, physical inactivity, age (40+), race, gender and family history are among the key risk factors. The more you say yes to, the higher your risk.

As Baker points out, diabetes does and can affect a huge segment of our population leading to additional complications and conditions including heart diseases, decreasing a person's quality of life and increasing their healthcare costs. Now is the time to manage and lower your risk for developing diabetes.

There is no cost for the clinic, and open on a first come, first serve basis. Should you have questions or want additional information please call Speare's Office of Community Relations at (603) 238-6468 or email info@spearehospital.com.

Speare Memorial Hospital is a 24-hour, acute care, non-profit community hospital and health care provider serving Plymouth and the communities of central New Hampshire for more than a century. Visit online at www.spearehospital.com and join us on Facebook.

#####