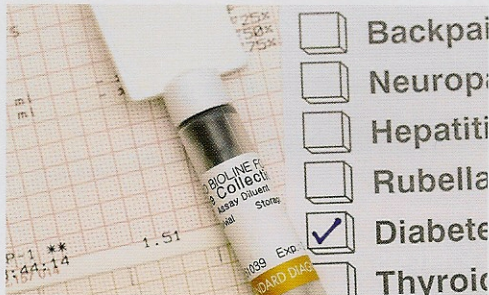


First steps in managing diabetes effectively



Managing diabetes effectively not only can help you feel better day to day; it can minimize your risk of developing complications in the future.

To improve management of your diabetes, the American Diabetes Association recommends regular health screenings, including:

- An annual eye examination by an ophthalmologist (even if you think that you do not have a vision problem)

- Measurement of your blood cholesterol (the LDL-C test)
- Measurement of your blood sugar control (the HbA1c test)
- Screening for kidney abnormalities (the urine microalbumin test)
- Measuring your blood pressure
- A foot examination.

If you have not had all of these screenings in the past year, please call your physician today to schedule an appointment. You need to discuss obtaining these important evaluations, as your continued good health depends on having these studies performed at least once per year.

To assist you with managing your diabetes, Hometown Health and Renown Regional Medical Center

offer a comprehensive Diabetes Management Program. For more information, please call Health Management Services at 775-982-5073, Monday through Friday, 9 a.m. to 4 p.m., or Hometown Health Hotline, at 775-982-5757, 24 hours a day, seven days a week. Follow the prompts to the Health Information Library and press the code for diabetes, 3900.

You can find more information on diabetes by visiting www.renown.org and follow the links to the Health Library.

Remember: You can achieve a successful life with diabetes. Your first step is to partner with your physician and plan for managing this condition appropriately.