

Free Monthly Diabetes Classes

Every 4th Friday of the month at 10 am held in the Executive Board Room
(located in the Hilltop Café at Golden Plains Community Hospital)

**80% OF
TYPE 2 DIABETES
IS PREVENTABLE WITH
LIFESTYLE CHANGES**

YOU CAN HELP YOURSELF BY:

- GETTING REGULAR EXERCISE
- EATING A BALANCED DIET
- GIVING UP SMOKING
- LOWERING CHOLESTEROL

Diabetes Symptoms

The following symptoms of diabetes are typical. However, some people with type 2 diabetes have symptoms so mild that they go unnoticed.

Common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

**Get
TESTER**

NATIONAL
DIABETES
MONTH

Early detection and treatment of diabetes can decrease the risk of developing the complications harmful effects of diabetes such as damage to the eyes, heart, blood vessels, nervous system, teeth and gums, feet and skin, or kidneys. Studies show that keeping blood glucose, blood pressure and low-density lipoprotein cholesterol levels close to normal can help prevent or delay these problems' of diabetes.

Golden Plains Community Hospital
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Questions? Please call Georgia Hughes; RN-Patient Education at 806-467-5857
or Marilyn Baird; Clinical Dietician at 806-467-5718