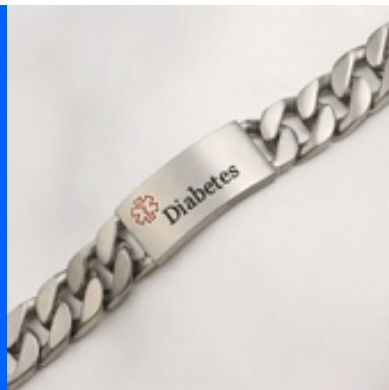


DIABETIC MONTHLY

July 7, 2012



Diabetic Health Fair - July 30, 2012

by Kristy Sego RN

This years Diabetic Health Fair is almost here and I would like to personally invite each one of you to attend at least some part or all of the event. It will be held from **2:00-5:00 pm on Monday, July 30, 2012 at the new Gunnison City building (38 W. Center St.)** The Health Fair will replace both the Gunnison and Monroe July Support groups. This event and classes are free and you do not need to be Diabetic to attend.

We will offer three diabetic education classes that will be very informative. The first class will be taught by Janette Kirkham RN, CDE. She will teach **“Basic Carbohydrate Counting”** from 2:00-3:00 pm. Janette makes learning to count carbs easy! The second class will be taught by Dr. D. Cummings or Dr. J. Robison from the Eye Center of Ephraim from 3:00-4:00 pm. This class will be on **“Eye Care and Diabetic Retinopathy.”** The providers from the Eye Center of Ephraim are exceptional and have had specialized training in diagnosing and treating Diabetic Retinopathy. The third class will be from 4:00-5:00 pm and will be taught by Dr. David Savage. Dr. Savage is a wonderful Podiatrist who comes to Gunnison every month. He will teach the importance of **“Proper Foot Care with Diabetes.”** These professionals will also have booths set up at the health fair and be available to answer your questions. They will not be doing foot or eye exams at the fair. Janette Kirkham is also our Medtronic pump specialist and has over 30 years experience working with insulin pumps. If you currently have a pump and have questions or if you have ever wondered if you might be a candidate for a pump, come and talk to Janette.

Once again we will be doing reduced cost lab tests. You will be able to have your A1c drawn at the health fair for \$5.00 or you can buy a voucher for \$10.00 at the fair and have your A1c and **fasting** Lipid profile drawn at Gunnison Valley Hospital within 1 week at your convenience. This cost is reduced significantly from the usual price. Unfortunately, we will not be able to bill your insurance for the test. The results will be available at the Gunnison Homecare office the following week. Your results can also be sent to you if you leave your demographic information. If you would like your A1C result sent to your physician, please sign a release of information form. This is an excellent opportunity to see where you stand. **Please remember that the voucher does need to be purchased at the health fair in order to receive the reduced cost.**

There will also be many various Diabetic specialty companies available with FREE educational materials and supplies. Please see the enclosed flyer for more information. These companies are doing a great service for us. Stop in and talk to them about their products and/or services. I think you'll be glad you did.

I am really excited to welcome Gunnison Valley Radiology Department to the Health Fair this year. They have recently purchased a new state of the art DEXA scan machine and are offering body composition testing for only \$30.00. This is a 75% savings! The DEXA scan, or Dual Energy X-ray Absorptiometry scanner, is commonly used to measure bone mineral density because it is the most accurate scanner of its kind and exposes a patient to a minimal dose of radiation — even less than a traditional X-ray. The scanner is also used to measure total body composition for patients who have a specific weight loss or fitness goal.

Using the scanner to measure body composition is more accurate than other body composition measuring methods, including skin fold measuring and underwater weighing. Doctors at Gunnison Valley Hospital have discovered that more athletes, personal training clients and weight loss patients are using the machine to chart changes in their fat, muscle and bone ratios. Lori Bown, a radiology technician at Gunnison Valley Hospital says: "The body composition scan is a great weight loss support tool because it allows a patient to see muscle loss and abnormal patterns of fat distribution. Repeating the scan over a period of time can show what parts of the body are losing fat, and what parts are gaining muscle."

When you have diabetes, being overweight or obese increases your risk for complications. Losing just a few pounds through exercise and eating well can help with your diabetes control and can reduce your risk for other health problems. You will also have more energy and feel better in general!

Because knowledge of your body composition can help you maintain a healthy BMI (18.5-24.9), experts at GVH recommend the scan even if you don't have a specific weight loss or fitness goal.

As you can see this years Health Fair has so much to offer. I look forward to seeing you at the Fair and Thank You so much for supporting our local Diabetic Program!

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