



**Contact:**

Shane Carter  
Director of Marketing & Public Relations  
(870) 239-7305 shane.carter@arkansasmethodist.org

**FOR IMMEDIATE RELEASE**  
**May 12, 2008**

**AMMC OPENS NEW DIABETES CARE CLINIC**

**PARAGOULD, AR** - Arkansas Methodist Medical Center in Paragould has opened a new Diabetes Care Clinic.

According to Pat Malone, R.N. and certified diabetes educator, the clinic will help those with diabetes self-manage their disease, help new patients learn more about the disease process, medications, complications and risk factors, as well as raise public awareness and educate the community about diabetes.

“We’re very excited about the clinic,” Malone said. “We want to be able to help as many people as we can.”

Malone noted that diabetes has reached pandemic proportions. According to the American Diabetes Association, there are nearly 21 million Americans with diabetes. Some 14.6 million have been diagnosed, with another 6.2 million unaware that they have the disease. Even more, there are 54 million Americans who are pre-diabetic, or on the brink of becoming diabetic. Today one on every 10 health care dollars spent is spent on the care and treatment of diabetes and its complications. The complications from diabetes can be very serious and include nerve damage, kidney damage, eye damage and heart disease.

Diabetes often goes undiagnosed because many of its symptoms seem harmless. Some symptoms include frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurry vision. If you experience one or more of these symptoms, please consult your physician.

**-more-**

## **AMMC Opens New Diabetes Care Clinic/Page 2**

For patients diagnosed with diabetes, Malone said the clinic will provide patients with guidance on their diets and nutrition, including monitoring their carbohydrate intake and reading nutrition labels. They will also learn about monitoring their blood sugar levels and taking insulin or other medications, if needed.

Along with Malone, Angie Skinner, a dietician will be on staff at the clinic, which is located in the medical center's Education Department. The clinic operates from 8 a.m. to 4:30 p.m., with patients receiving referrals from their physician for an appointment.

In addition to patient care, community outreach is a key focus of the clinic's efforts. "There is a great deficit of information and knowledge among the general public about diabetes, what it is, and how to prevent it. We want to bridge that gap," Malone explained. The clinic will be hosting a wide range of community events, free to the public, to help spread their message.

A recognized healthcare leader, Arkansas Methodist Medical Center is a state-of-the-art nonprofit institution providing world-class medical services and compassionate care to residents throughout the Northeast Arkansas and Southeast Missouri region. Additional information about AMMC is available at: [www.arkansasmethodist.org](http://www.arkansasmethodist.org).