



Arkansas Methodist Medical Center

It's all about you.

Contact:

Shay Nanke
Marketing Coordinator
(870) 239-8031 shay.nanke@arkansasmethodist.org

FOR IMMEDIATE RELEASE

March 31, 2009

AMMC'S DIABETES CARE CLINIC RECOGNIZED BY AMERICAN DIABETES ASSOCIATION AS QUALITY PROGRAM

PARAGOULD, AR -- Arkansas Methodist Medical Center's Diabetes Care Clinic recently received an Education Recognition Certificate from the prestigious American Diabetes Association (ADA).

The association's certificate assures that educational programs offered at the clinic meet the national standard for diabetic self-education programs developed and tested under the auspices of the National Diabetes Advisory Board in 1983 and revised by the diabetes community in 1994 and 2000.

"We're excited about this important recognition," Pat Malone, R.N., and certified diabetes educator said. "This is a great achievement for us and validates our program for the community and our physicians and lets everyone know that we are following the high standards set by the ADA."

The clinic was established last May and the certification process began in September.

Programs apply for recognition voluntarily. According to the ADA, programs that achieve recognition status have a staff of knowledgeable health professionals who can provide participants with comprehensive information about diabetes management. Education recognition status is awarded for three years.

AMMC's Diabetes Care Clinic helps current patients self-manage their disease, helps new patients learn more about the disease process, medications, complications and risk factors, as well as works to raise public awareness and educate the community about diabetes.

Malone noted that diabetes has reached pandemic proportions. According to the ADA, there are

-more-

AMMC's Diabetes Care Clinic Recognized by ADA/Page 2

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 out of every 10 healthcare 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. Persons experiencing one or more of these symptoms should consult a physician.

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

The clinic operates from 8 a.m. to 4:30 p.m. on weekdays, 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 are working to bridge that gap," Malone explained. The clinic hosts a wide range of community events, free to the public, to help spread their message.

The American Diabetes Association is leading the fight against the deadly consequences of diabetes and fighting for those affected by diabetes. The ADA funds research to prevent, cure and manage diabetes including delivering services to hundreds of communities. Founded in 1940, the ADA's mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

A recognized leader, Arkansas Methodist Medical Center in Paragould provides progressive, compassionate healthcare to residents throughout Northeast Arkansas and Southeast Missouri. Additional information about AMMC is available at: www.arkansasmethodist.org.