



**Arkansas Methodist
Medical Center**

It's all about you.

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FOR IMMEDIATE RELEASE

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MEDIA ADVISORY

Healthy Habits of Living with Diabetes

**ARKANSAS METHODIST MEDICAL CENTER TO OFFER
FREE DIABETES EDUCATION CLASS**

Attendees will Receive a Free ACCU-CHEK Blood Glucose Monitoring System and Educational Gift

WHO: Arkansas Methodist Medical Center (AMMC) and Roche Diagnostics

WHAT: As part of its ongoing commitment to the community, AMMC is offering a free diabetes education class "Healthy Habits of Living with Diabetes." The class will inform and educate attendees about carbohydrate counting, meal planning, how to read food labels, before-meal and after-meal testing, and the ACCU-CHEK blood glucose monitoring system.

Attendees will receive their choice of a free ACCU-CHEK blood glucose monitoring system and an educational gift.

WHEN: Thursday, November 15, 2007 from 6-7:30 p.m.
Please call 1-866-273-5461 to RSVP.

WHERE: Arkansas Methodist Medical Center Auditorium
900 W. Kingshighway, Paragould

WHY: Pat Malone, RN and certified diabetic educator at AMMC says diabetes self-management is key to taking care of your body. According to the National Institutes of Health (NIH), 20.8 million Americans, or seven percent of the population are diabetics. 14.6 million Americans have been diagnosed, with 6.2 million yet to be diagnosed. The U.S. ranks among the top in number of obese adolescents. Overweight children are becoming overweight adults, at risk for diseases like diabetes. Diabetes is the sixth leading cause of death in the U.S. Heart disease and stroke, high blood pressure, blindness and kidney disease are all complications related to diabetes.

Arkansas Methodist Medical Center is a 129-bed, fully JCAHO accredited, not-for-profit medical center. AMMC has touched thousands of lives since 1949 as a Beacon of Health, Hope and Healing. Additional AMMC information is available at: www.arkansasmethodist.org.