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**FOR IMMEDIATE RELEASE**

**Friday, October 23, 2009**

**SUPPORT GROUP HOSTS 4,000 STEPS DIABETES AWARENESS WALK**

**WHO:** Arkansas Methodist Medical Center and Moms of 1's Support Group for Mothers of Children with Type 1 Diabetes

**WHAT:** The 2<sup>nd</sup> Annual 4,000 Steps Diabetes Walk is an opportunity to raise awareness about diabetes, a disease that touches every family. Through a donation, individuals can honor or remember someone who has been affected by diabetes or related complications.

**WHEN:** Wednesday, November 4, 2009 from 12:00 pm-1:00 pm

**WHERE:** Parking lot across the street from Arkansas Methodist Medical Center

**WHY:** According to the American Diabetes Association, **Type 1 diabetes** is caused by an autoimmune disorder—a problem with the body's immune system. In a healthy body, specialized cells (called beta cells) in the pancreas make insulin. Insulin is a hormone that allows the body to use energy from food. In type 1 diabetes, the immune system mistakes beta cells for invaders and attacks them. When enough beta cells are destroyed, symptoms of diabetes appear.

In Type 2 diabetes, the beta cells still produce insulin. However, either the cells do not respond properly to the insulin or the insulin produced naturally is not enough to meet the needs of the body. So insulin is usually still present in a person with type 2 diabetes, but it does not work as well as it should. Some people with type 2 can keep it under control by losing weight, changing their diet, and increasing their exercise. Others take one or more medications, including insulin.

For more information, please call 870-239-7016

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](http://www.arkansasmethodist.org).