

Diabetes Awareness

About 29 million people in America have diabetes and about 89 million people in America have prediabetes. Many people are unaware that they have or are developing diabetes. Diabetes is a disease which may result in complications such as heart attack, stroke, blindness, amputation and kidney failure.

If your blood glucose (sugar) is above 100, please contact your medical provider.

A fasting blood glucose result between 100-125 indicates prediabetes.

A fasting blood glucose at 126 or higher indicates diabetes.

We Are Here For You!

Memorial Health Care Systems offers education and support in diabetes prevention and management:

- Diabetes Prevention Program
- Diabetes Education
- Diabetes Support Group

For more information about diabetes and preventing diabetes, contact MHCS diabetes education at 402-646-4667 or visit our web site at www.mhcs.us



Memorial
Health Care Systems



Memorial Diabetes Programs Offered at Memorial Hospital



Diabetes Education is for patients with diabetes. One to five highly-individualized sessions are one-on-one with an educator. The American Diabetes Association recommends patients with diabetes get education at four critical times:

1. When they are first diagnosed.
2. Each year after initially diagnosed.
3. When you have had a change in your health physically or mentally.
4. When you have had a change in your living situation or cognition.



Diabetic Support Group is for anyone interested in diabetes or prevention and their family members/support system. It is free and meets quarterly in the lower level of the Seward Family Medical Center. Meetings are approximately 60-90 minutes in length. A light meal is provided. RSVP is required one week prior to the meeting.



Diabetes Prevention Program is a 1-year program in a class/group setting. Participants must qualify for the class by lab results or by taking a diabetes indicator quiz. By the end of this program most participants reach 5-7% weight loss and have increased activity to 150 minutes a week. There is a fee for this program.

To learn more about the diabetes programs, please call 402-646-4667.