

## Diabetes: The Silent Killer

Diabetes is a silent killer—the disease can be present for years before a diagnosis is made. Don't allow yourself to be a victim. Take the first steps: talk with your provider about testing and come to the new Comprehensive Diabetes Education series in the Wellness Center at Fox. Take charge of your life!



**Blood glucose testing is one of the easiest ways to get an accurate picture of how your glucose control is doing day to day!**



The Comprehensive Diabetes Program is available to Active Duty, Active Duty family members, TRICARE Prime/Non-Prime recipients, and current Redstone Arsenal DoD Civilians.

Seminar occurs the third Thursday of each month from 0745-1230. To register please contact the Wellness Clinic at 256-955-8888 ext 1440.



## Diabetes Self-Management Seminar



### Fox Army Health Center

The Wellness Center  
4100 Goss Road  
Redstone Arsenal, AL 35809  
256-955-8888 ext 1440



# Diabetes Self- Management Class

The Diabetes Self-Management class can help you learn about diabetes including:

1. Healthy Eating with Diabetes
2. Foot care
3. Dental health
4. Emotional Adjustment to Diabetes
5. Medication
6. Long-term problems including: eyes, kidneys, heart, blood vessels, and nerve damage
7. Self Management
8. Using your glucose meter
9. Travel and sick days—what to do
10. Having a better visit with your provider

## Education and Prevention

Preventing complications is up to *you*. Watching your diet, tracking your blood sugars, taking your medications as ordered, exercising, and keeping regular appointments with your provider are all good tools for keeping diabetes in check. The entire staff at Fox Army Health Center is committed to helping you stay healthy. Our comprehensive diabetes program offers you education in all areas of diabetes care and the staff at Fox are always willing to help you when you may need a little more assistance. We encourage you to call and reserve your time in the class. Even if you have already been through our class before, the science in caring for diabetes is ever-changing! We invite you to take the class again and see what is new and different!



## More about Diabetes

Diabetes is a silent killer. The symptoms are often very subtle and may be missed by both the patient and their provider for years. During this time, the high sugars in your blood stream can be doing damage to vital organs such as the kidneys, heart, and eyes; damage that cannot be undone.

## Diabetes Complications

