

January 23, 2007

FOR IMMEDIATE RELEASE

For More Information Contact:

H. R. Holman, Public Information

Voice: (405) 425-4361

Cell: (405) 520-9902

Living with Diabetes: Prevention and Control Conference

A conference for people with diabetes, caretakers, families or anyone interested in learning more about diabetes will be held March 24, 2007 at the Reed Conference Center in Midwest City, Oklahoma. Topics for the conference will include understanding diabetes, nutrition, physical activity and emotional stress associated with diabetes. Participants will be able to speak with physicians, nurses dieticians and pharmacists.

According to the Centers for Disease Control and Prevention, diabetes is the sixth leading cause of death in the United States. Diabetes is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.

Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations.

Registration is \$10.00 per person and includes lunch. Pre-registration is required by March 9th to be included in the lunch. Space is limited, so reserve your seat today! To register contact Kristen Stroud at (405) 425-4352.

The conference is sponsored by the Oklahoma City-County Health Department, Oklahoma State Department of Health, Areawide Aging Agency Inc., Oklahoma University Diabetes Center and American Diabetes Association.

For information on this program and others, call 427-8651 or go the OCCHD website at: <http://www.cchdoc.com>