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COMMUNITY HEALTH CENTER OF MERIDEN TO HOST ANNUAL DIABETES DAY EVENT ON NOVEMBER 16

Event to provide education on diabetes and management of the disease

Meriden, Conn. (November 1, 2012) – In recognition of Diabetes Awareness Month, which is observed in November, Community Health Center of Meriden is hosting a free educational event on Friday, November 16. The public is invited to learn more about diabetes, get their questions answered and discover how they can create easy, healthy meals. Free retinal screenings will be offered. Attendees will also enjoy food samples, and prizes will be awarded throughout the day.

Some of the biggest hurdles that people living with diabetes face include managing their medication and meal planning. During this event, CHC staff will use cooking demonstrations to help dispel the myth that having diabetes means a life sentence of dull meals. We will also have a pharmacist on hand to answer any medication questions as they relate to the disease.

“A patient with diabetes requires comprehensive care, including medical follow-up, pharmacological therapy, routine lab work, immunizations and preventative care screenings,” said Dr. Nwando Olayiwola, chief medical officer for Community Health Center, Inc. “Patient education and understanding of the impact diabetes has on one’s life is critical to care. The goal of this event is to provide patients with the opportunity to learn more about the management of diabetes, focusing on medication adherence and dietary options.”

WHAT: Annual Diabetes Day event, a day of educational activities hosted by Community Health Center of New Britain
WHEN: Friday, November 16, 10:00 a.m. to 3:30 p.m.
WHERE: Community Health Center of New Britain (in the lobby), 85 Lafayette St., New Britain, CT, 06051
COST: Free

Diabetes is a prevalent chronic health condition in the United States with alarming statistics. According to the American Diabetes Association nearly 26 million adults and children in the U.S., or 8.3% of the population, have diabetes. Another 79 million have prediabetes and are at risk for developing type 2 diabetes. Each year approximately 2 million new cases of diabetes are diagnosed in people aged 20 years and older, and yet, it is estimated that 7 million go undiagnosed. It is estimated that the total national cost of diagnosed diabetes in the U.S. is \$173 billion.

About Community Health Center, Inc.

Since 1972, Community Health Center, Inc. has been one of the leading healthcare providers in the state of Connecticut, building a world-class primary health care system committed to caring for uninsured and underserved populations. CHC is focused on improving health outcomes for its more than 130,000 patients as well as building healthy communities. Recognized as both a Level 3 Patient-Centered Medical Home by the National Committee for Quality Assurance and a Primary Care Medical Home by The Joint Commission, CHC delivers service in more than 200 locations statewide, offering primary care in medical, dental and behavioral health services. For more information, visit www.chc1.com.