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**Community Health Center of Meriden Recognizes National Diabetes Awareness Month**

November 13, 2012 | Community Health Center of Meriden, Meriden

In recognition of Diabetes Awareness Month, which is observed in November, Community Health Center of Meriden is hosting a free educational event on Friday, Nov. 16, from 10 a.m. to 3:30 p.m. 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.

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"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."

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 pre-diabetes 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.

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