Taking Control of Diabetes

Date: Monday, November 24
Time: 6 p.m. - 8 p.m.
Place: Red Lion Hotel at the Park - 303 W. North River Drive
     One-on-one interviews and photo opportunities are available with Greg Pfaff.
Cost: Free

Greg Pfaff shares his personal experience with living with diabetes.

Greg is a member of the sanofi-aventis A1C Champions Program®, which is a patient-led approach to diabetes education. A1C Champions® know first-hand the challenges and obstacles to maintaining control of their diabetes. They share diabetes self-management and lifestyle strategies based on extensive training and their personal experience with diabetes.

Greg will talk about topics including:
- Achieving good glucose control
- Learning about effective self-management
- Developing a balanced, healthy lifestyle
- Planning and prioritizing diabetes management
- Overcoming fears surrounding diabetes
- Finding resources for diabetes support

Refreshments will be provided.

Pre-registration is required. Please call (509) 232-8145.

The American Diabetes Association recommends that, in general, people with diabetes should initially strive for an A1C (a test that assesses blood glucose levels over a two- to three-month period) that is less than 7%. Alarmingly, more than 50% of diabetes patients are not in control of the disease. Even worse, a 2005 survey commissioned by the American Association of Clinical Endocrinologists found that 84% of type 2 diabetes patients surveyed believed they were doing a good job controlling their blood sugar even though 61% went on to say they did not know what an A1C test is.

If you or someone you know is struggling with diabetes or has an A1C that is 7% or above, the A1C Champions® can provide motivation to take those first steps to a healthier life. Diabetes patients need to know they are not alone and there are people like Greg who can help them along their journey with diabetes.