

November 7, 2017

## FREE GLUCOSE SCREENINGS ON WORLD DIABETES DAY - TUESDAY NOVEMBER 14<sup>TH</sup>



**Contact:**

Noelda Lopez, Public Information Specialist

[Noelda.Lopez@flhealth.gov](mailto:Noelda.Lopez@flhealth.gov)

Office: 352-589-6424, After Hours: 352-728-7662

**Eustis, FL** – The Florida Department of Health in Lake County (DOH-Lake) will be providing free Glucose screenings on World Diabetes Day on Tuesday, November 14<sup>th</sup> at the following clinics locations from 8 am to 4:30 pm:

Florida Department of Health Clermont  
875 Oakley Seaver Drive  
Clermont, FL 34711

Florida Department of Health Leesburg  
2113 W. Griffin Road  
Leesburg, FL 34748

Florida Department of Health Umatilla  
249 E. Collins Street  
Umatilla, FL 32784

“We need to educate ourselves, do regular checkups and focus on prevention to learn how to manage this disease or how to lower our risk of getting it” said Aaron Kissler, Health Officer for the Florida Department of Health in Lake County.

As per the Center of Disease Control (CDC) more than 30.3 million, 1 out of every 10 Americans, are living with diabetes. 1 out of 4 don't know they have diabetes. 84.1 million are living with prediabetes, a serious health condition that increases a person's risk of type 2 diabetes and other chronic diseases. 9 out of 10 don't know they have prediabetes and that with lifestyle changes they can prevented or delayed diabetes.

If you have one or more of the following risk factors you should talk to your doctor about getting your blood sugar tested:

- Being overweight
- Being 45 years or older
- Having a family history of type 2 diabetes.
- Being physically active less than 3 times a week.
- Ever having gestational diabetes or giving birth to a baby who weighed more than 9 pounds.

DOH-Lake offers the CDC recognized Prevent T2 National Diabetes Prevent Program. This 12-month lifestyle change program consists of 16 weekly one-hour core sessions followed by monthly follow-up sessions that provide tools and support to eat healthy, become more active

and to lose weight. To learn about the program and upcoming classes, please call 352-589-6424 Option 3.

For additional diabetes information, please visit the Florida Department of Health website at <http://www.floridahealth.gov/diseases-and-conditions/diabetes/index.htm> , call 352-771-5500 or follow us on Twitter at [@FLHealthLake](https://twitter.com/FLHealthLake)

### **About the Florida Department of Health**

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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