November 4, 2016

FREE GLUCOSE SCREENINGS ON DIABETES DAY - MONDAY NOVEMBER 7TH

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Eustis, FL – The Florida Department of Health in Lake County (DOH-Lake) will be providing free Glucose screenings on Diabetes Day on Monday, November 7th at the following clinics locations and times:

Umatilla Health Center	Leesburg Health Center
From 9:00 am to 11:00 AM	From 2:00 PM to 4:00 PM
249 E. Collins Street	2113 W. Griffin Road
Umatilla, FL 32784	Leesburg, FL 34748

"We need to educate ourselves, to do regular checkups and focus on prevention in order to learn how to manage this disease or 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 29 million Americans are living with diabetes, and 86 million are living with prediabetes, a serious health condition that increases a person's risk of type 2 diabetes and other chronic diseases.

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 National Diabetes Prevention Program classes. The National Diabetes Prevention Program is a 12 month program that consists of 16 weekly one hour core sessions followed by 6 monthly follow-up sessions that provide tools to eat healthy, be more active and lose weight. To register for our 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.html or call 352-771-5500.

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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