

## Learn the facts about diabetes on World Diabetes Day

Contributed by Editor  
Saturday, 31 October 2009

LAKEPORT &ndash; Join Sutter Lakeside Hospital as they celebrate World Diabetes Day on Nov. 14. The event will take place from 10 a.m. to 11 a.m. at Sutter Lakeside Hospital's Wellness Center, 5176 Hill Road East, Lakeport.

Participants are encouraged to wear comfortable clothing and walking shoes.

To promote diabetes awareness, Sutter Lakeside Hospital will host an educational talk open to all community members.

Certified Diabetic Educator Kathy Exum BSN, RN, CDE will give a presentation on how diabetes affects us in our community and others world wide.

Learn simple steps to keep blood sugar levels in check. Ask questions and get answers. Exum will be joined by SLH Wellness Center staff who will lead the group in a low-impact movement class.

The World Diabetes Day campaign calls on all those responsible for diabetes care to understand diabetes and take control. For people with diabetes, this is a message about empowerment through education. For the general public, it is a call to understand the serious impact of diabetes and know, where possible, how to avoid or delay diabetes and its complications.

The key messages of the campaign are: 1) know the diabetes risks and know the warning signs, 2) know how to respond to diabetes and who to turn to, and 3) know how to manage diabetes and take control.

For more information regarding World Diabetes Day please visit [www.worlddiabetesday.org](http://www.worlddiabetesday.org) or call 707-262-5128.

Kathy Exum BSN, RN, CDE offers diabetes education classes by appointment and with a doctor referral. Classes take place at Sutter Lakeside Hospital. Call 707-262-5128 for more information.