



NEWS RELEASE

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“Would You Know If You Had Diabetes?” Tséhootsooí Medical Center is holding an event to help you answer that question.

Ft. Defiance, AZ- The International Diabetes Federation estimates that as many as 183 million people are unaware that they have diabetes. Tséhootsooí Medical Center (TMC) wants to provide you with the knowledge to determine if you have the disease and how to beat it.

TMC will host a *Diabetes Expo* on Monday, November 28, 2011 at the Navajo Nation Museum. Bernadine Russell is the Coordinator for the TMC Diabetes Program and she says the goal of the Expo is to teach people about the disease, including signs and symptoms, how to manage the disease with medication and most importantly with a healthy lifestyle.

“November is American Diabetes Month and TMC is collaborating with tribal programs to provide an event which is fun, interactive, and educational,” says Russell. According to TMC data, the Fort Defiance hospital’s service area, which includes 16 Navajo Nation Chapters, has 2000 registered patients with diabetes. “There are so many more that are either at risk or who may already have diabetes but don’t know it. We want to educate them and get them the help they need,” commented Russell.

The one day event will begin at 9 a.m. and will include a Live Remote broadcast by KTNN radio. During the noon hour a fun run and walk will be held. This free event will focus on Healthy Eating, Being Active, Monitoring, Taking Medication, Problem Solving, Reducing Risks, and Healthy Coping. All seven topics are components of diabetes education and management utilized by the American Association of Diabetes Educator guide.

For more information on the Diabetes Expo please call 928-729-8467.

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