



FOR IMMEDIATE RELEASE

CONTACT

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Southeastern Idaho Diabetes Partnership to Sponsor Diabetes Health Fair

Wouldn't it be nice if you could just push that proverbial "easy" button and have all your diabetes symptoms under control and concerns about diabetes complications taken away? Managing diabetes is a skill, a skill that needs continual revision and updating. New instructions from your physician, new medications, new information in the news, and new symptoms can leave you more confused than ever. Confusion can make diabetes management even more difficult.

To help take some of the confusion about managing diabetes, the Southeastern Idaho Diabetes Partnership is sponsoring a Diabetes Health Fair at the Blackfoot Senior Center on Friday, April 7, 2006. The Health Fair will be held from 1:00 p.m. to 3:00 p.m. The Senior Center is located at 20 East Pacific in Blackfoot.

Services provided at the Health Fair include:

- Foot checks by Douglas Williams, DPM, and the ISU College of Pharmacy will provide instruction on checking your own feet.
- The College of Pharmacy will be doing glucose testing and provide medication evaluations – (bring all the medications you are taking and have the pharmacy students evaluate medication effectiveness and interactions.)
- Nutrition information for people with diabetes by Bingham County Extension
- Diabetes and heart disease information by Pocatello Cardiology
- Managing diabetes information by Rocky Mountain Diabetes and Osteoporosis Center
- Oral care for people with diabetes information by ISU Dental Hygiene students
- Exercising for diabetes management information by EXCEL at Weight Loss Solutions.

The diabetes fair is free and all the services are free, however, EXCEL will be selling exercise tapes and exercise tubing. For more information about the fair, please contact Cherie Nelson at 478-6315.

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