



# NORTHUMBERLAND HILLS HOSPITAL

*inspiring strength, dignity and compassion*

## NEWS RELEASE – FOR IMMEDIATE RELEASE

### **World Diabetes Day recognized at NHH with health fair, Friday, November 14**

**NORTHUMBERLAND COUNTY, Tuesday, November 11, 2008** – NHH's diabetes educators recently attended a major conference with their peers in Montreal. Sponsored by the Canadian Diabetes Association, the Diabetes Educators' Conference is a highlight in the annual professional development for educators specialized in helping people with diabetes and those at risk of developing it some time in their lives.

Now back in their offices at NHH, the educators are keen to begin sharing the information they gathered. The first event, held in the middle of Diabetes Awareness Month, is a health fair scheduled for the main lobby of NHH on **World Diabetes Day, this Friday, November 14 from 7:00 AM to 1:00 PM.**

The NHH health fair will offer the latest news on meters, insulin, insulin pumps, healthy eating and diabetes pills. Also available on November 14 will be blood glucose screening, foot checks by chiropodist Cristol Smyth, information from the *Health for Life* program and more.

Further details on many of the known risk factors for diabetes will also be available, including:

- having a close relative with diabetes
- membership in a high-risk population (Aboriginal, Asian, African descent)
- being overweight (especially men with a waist size of 40" plus or women with a waist of 35" plus)
- a history of high blood pressure or cholesterol

Northumberland Hills Hospital's Diabetes Education Program was established in 1991 to help people in the community better manage their diabetes. The program is available to individuals 18 years of age and older with Type 1 or Type 2 diabetes, as well as to those with gestational diabetes (diabetes occurring during pregnancy) or pre-diabetes. Family members are encouraged to attend education appointments as well. Program staff members are Certified Diabetes Educators, Registered Nurses and Registered Dietitians. Associated staff members include Pharmacists, Recreation Therapists and Physicians.

*Also coming soon...*

On **Wednesday, November 19 at 7:00 PM** the Canadian Diabetes Association and NHH's diabetes educators will hold an open general meeting at the Port Hope Lion's Centre. The guest speaker is **Shawn Shepheard**, a motivational speaker with Type 1 diabetes. Join Shawn for a talk titled "Choose to be Alive" for inspiration on how to make positive changes in your own life.

For more information, please contact Jennifer Gillard at 905-377-7757 or [jgillard@nhh.ca](mailto:jgillard@nhh.ca)

**About Northumberland Hills Hospital** – The Northumberland Hills Hospital (NHH) is located approximately 100 kilometres east of Toronto. The 137-bed acute care hospital delivers a broad range of services, including emergency and intensive care, medical/surgical care, complex/long-term care, rehabilitation, palliative care and obstetrical care. A variety of ambulatory care clinics are also offered at NHH. In addition to these, NHH also sponsors a Community Mental Health Centre and an Assertive Community Treatment Team. The hospital serves the catchment area of west Northumberland County. A mixed urban and rural population of approximately 60,000 residents, west Northumberland comprises the Town of Cobourg, the Municipality of Port Hope and the townships of Hamilton, Cramahe and Alnwick/Haldimand. NHH employs close to 600 people and relies on the additional support provided by physicians and volunteers. NHH is an active member of the Central East LHIN. For more information, please visit [www.nhh.ca](http://www.nhh.ca).

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