

NORTHWESTERN LAKE FOREST HOSPITAL

Free Diabetes and Pre-diabetes Screening

Are you:

- Over age 45?**
- Have family history of diabetes?**
- Gaining weight, especially around your mid-section?**
- Not getting enough exercise?**
- Had diabetes when pregnant?**
- What was your last A1C?**

If yes, you may be at greater risk for developing diabetes or pre-diabetes! For adults over age 18, this program will include an easy finger-stick screening with immediate results. It will include:

- Brief Health History**
- Blood Sugar-** 12-hour fasting recommended (not required)
- A1C-** invaluable information to screen and manage diabetes
- Body Mass Index (BMI)**
- Waist Measurement**

Also included will be an individualized consultation with a registered nurse to review screening results, diabetes risk factors and healthy lifestyle education. Recommendations for follow-up care will be provided, as well as community resources available throughout Lake County.

Title: Diabetes Screening and Prevention
Date: Friday, February 18
Time: 9:30 to 11:30 a.m.
Location: Round Lake Area Public Library
906 Hart Road
Register: Please call 847.546.7060 (prompt 4)

Don't delay! Appointments will fill quickly!

M **Northwestern**
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lfh.org