

ROME MEMORIAL HOSPITAL

NEWS RELEASE

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Learn about Type 2 Diabetes at November Health Night

ROME – Rome Memorial Hospital’s free Health Night lecture, “Living with Type 2 Diabetes,” will be held on Thursday, Nov. 3, at 7:00 p.m. The presentation will be held in the hospital’s classroom.

“The prevalence of diabetes is astounding,” said Rome Memorial Hospital’s patient and staff educator, Mary Rose Spellicy, R.N., B.S. “Over 25 million people have diabetes, of which seven million are not aware they have a problem.”

Nearly 30% of those suffering from the disease are over the age of 65.

In recognition of American Diabetes Month, Spellicy will present an overview of Type 2 diabetes, the most common form of the disease.

“Type 2 diabetes is on the rise in our community due to an increased number of seniors and greater prevalence of obesity and sedentary lifestyles,” said Spellicy.

Over time, diabetes can cause changes in blood vessels and nerves that can affect many different parts of the body. Diabetics are at higher risk for heart disease, stroke, amputation, vision problems, kidney disease, skin disorders, and gum disease.

The presentation will include information on self-management with an emphasis on lifestyle changes, healthy eating, physical activity and blood glucose monitoring.

Health Night is a monthly lecture series, sponsored by Rome Memorial Hospital. Advance registration is not required. Refreshments will be served.

Rome Memorial Hospital’s classroom is located on the second floor of the hospital. Please enter the North James Street entrance of the hospital. There will be signs to direct you to the classroom.

For more information, please call 338-7143.

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