

## DIABETES: Prevention program launches in September

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above normal. Most food when eaten turns into sugar and is used as energy for the body. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help sugar get into our body's cells. When you have diabetes, your body either doesn't make enough insulin (Type 1) or can't use its own insulin as well as it should (Type 2). This causes sugar to build up in the blood.

Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-limb amputations. Thirty million Americans have diabetes, and one out of four don't know they have it. Diabetes is the seventh leading cause of death in the United States.

Dr. Eden Miller, who works as a diabetologist and family practitioner, travels world-wide lecturing and sharing her extensive knowledge of the disease. Dr. Kevin Miller's practice emphasizes preventative medicine and encourages healthy lifestyle choices to prevent diseases like diabetes. His tireless work advocating for the Sisters

community resulted in the first-ever Diabetes Prevention Program.

The program instructor is Kylie Loving. She is the Diabetes Prevention Coordinator and a Health Educator for the Crook County Health Department. Kevin Miller couldn't be more pleased to see Sisters finally have a program with such a well-qualified and talented facilitator.

"Kylie has a real heart for diabetes prevention. I'm delighted that she's wanting to care for folks in Sisters," he said.

Research shows that people who stick with the principles of the program can maintain the benefit for 10 years to prevent diabetes.

"People who adopt these principles and make these lifestyle changes have a sense of pride and accomplishment that they carry with them," said Dr. Miller.

In her years teaching the class, Loving has seen participants that were in prediabetes range return to normal blood-sugar levels.

"I've had participants who never exercise, who now love and look forward to exercising," she said. "Their other medications were lessened because of the class. Weight loss is not the only focus, but it's an aspect that benefits people. They lose weight if they

follow the principles taught in the class. They are very happy with the results."

If losing weight, being healthier and taking steps to prevent Type 2 diabetes isn't enough, Loving is offering raffles and incentives for participation. During the first six months, each week there's a drawing for a \$10 gift card. If students attend nine out of the 16 classes they are entered to win a \$50 gift card. Attend eight of the post-core sessions and they are entered to win a \$100 gift card. Participants that reach a 7 percent weight loss and achieve the attendance goals are entered to win a \$250 gift card.

"They're great incentives," said Loving.

An introductory session kicks off the program on September 27, from 1 to 2 p.m. at Sisters Park & Recreation District. Held a week before the first class, it serves as an opportunity to get familiar with the location and meet Kylie and the other attendees.

To learn if you have prediabetes, there's a website: [doihaveprediabetes.org](http://doihaveprediabetes.org) which only takes a few seconds. Your score shows if you are in the prediabetes risk category. Potential participants can also take the test at the introductory session on September 27.

The Diabetes Prevention Program is a national program

that was designed after years of scientific study and feedback from past programs. It lasts for a year; in the first six months there are weekly meetings, then once or twice a month for the second half to maintain healthy lifestyle changes.

Dr. Kevin Miller can't stress enough how important prevention is for Type 2 diabetes — not just for the Sisters community but the entire country.

"Diabetes is a tsunami and we are unaware that it's coming at us," warned Miller. "There's 30 million Americans with diabetes now and there's 84 million with prediabetes. It's a looming healthcare crisis. A patient with diabetes can cost up to four times as much per year in healthcare costs... and I'm probably being conservative."

To learn more about the class or sign up, call Kylie Loving at 541-447-3260.

**Lose Weight, Win Big!**

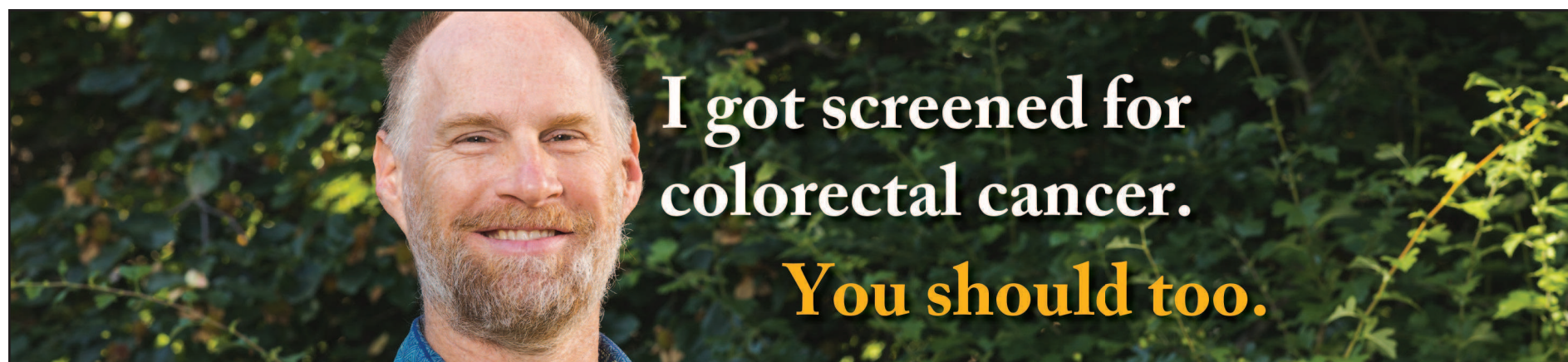
# Diabetes Prevention

**Lifestyle Change Program**

**Welcome Session**  
**Sept 27**  
**2018**  
**1-2 pm**

Sisters Parks and Recreation  
 750 W McKinney Butte Rd.  
 Sisters, Oregon  
 Call Kylie 541-447-3260  
 For more info

Are you ready to change your life? Learn how to eat healthy, be active and manage stress to lose weight and prevent disease with this FREE year-long program!



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Paul Blackburn,  
 Hood River, Oregon

According to research, Colorectal Cancer is the second deadliest of its kind. Screening for colorectal cancer can help you detect and engage in early intervention and treatment. Most people accept screening because they are encouraged by someone they know and trust.

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