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Visiting Nurse and Community Health Provides Insight on Managing Diabetes

New Presentation Offered by Home Health Care Agency

ARLINGTON, MA – March 20, 2006 – There are 20.8 million people in the US, or 7% of the population, who have diabetes. While an estimated 14.6 million have been diagnosed as having diabetes, 6.2 million people (or nearly one-third) are unaware that they have the disease. In light of those startling numbers, Visiting Nurse and Community Health, Inc. (VNCH) of Arlington, has developed “The ABCs of Diabetes,” a presentation that outlines contributing factors, indicators and preventative tips for those afflicted with this manageable disease. The presentation is now available to all organizations and interested companies in the greater Boston communities VNCH serves, and is accompanied by a diabetes management handout compiled by the home health care agency.

While it’s possible to prevent diabetes, the disease can be treated. Maintaining a normal weight, eating a healthy, balanced diet, and ensuring adequate levels of daily exercise are crucial for those who have, or at risk of developing, diabetes. As with all diseases, being aware of the causes and symptoms of diabetes is a crucial first step in combating it.

Those interested in learning more about VNCH’s “The ABCs of Diabetes” presentation should contact Karen Breehey, VNCH Marketing, PR and Development manager, at 781-643-6090, ext. 212. VNCH also offers presentations on topics such as preventing falls, congestive heart failure, depression, and dehydration and heat stroke.

For over 100 years, VNCH has been acknowledged as the preeminent home health care provider in greater Boston. It has a deep-rooted tradition of providing its patients, and the 33 communities it serves, with compassionate, quality home care, and unparalleled health care expertise. VNCH’s response to questions and concerns is immediate and knowledgeable, and its medical technology is state-of-the-art.

VNCH serves the following communities: Acton, Arlington, Bedford, Belmont, Billerica, Boxboro, Burlington, Cambridge, Carlisle, Chelsea, Concord, Everett, Lexington, Lincoln, Malden, Medford, Melrose, Newton, North Reading, Reading, Revere, Somerville, Stoneham, Tewksbury, Wakefield, Waltham, Watertown, Wayland, Wellesley, Weston, Wilmington, Winchester, and Woburn.

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