



Improving the lives of people affected by diabetes by leading the Northeast Ohio community in its prevention, management, and cure.

# 1 in 11 people in Northeast Ohio has diabetes. . . . are you the 1?

## Did You Know?

- One third of people living with diabetes do not know they have it.
- 24 million people – 8% of the population – have diabetes.
- Every year, over **18,000** Ohioans die from diabetes complications and more than **250,000** Ohioans are hospitalized because of the disease.
- **1 in 3** children born in **2000** will develop diabetes in their lifetime unless current diet and exercise regimens change.
- The estimated economic cost of diabetes in 2007 was **\$174** billion in the United States.

## Diabetes Risk Factors:

- Family history (mother, father, sister, brother, grandparent, aunt or uncle)
- Being overweight or obese
- Being over the age of 45
- Being a person of color (American Indian, Hispanic, African American, Asian)
- Having high blood pressure
- Having high cholesterol
- Having diabetes during pregnancy
- Giving birth to a baby over 9 pounds

To schedule a **FREE** diabetes risk assessment, call the **Diabetes Association of Greater Cleveland** at **(216) 591-0800** or visit **www.dagc.org**.

## Diabetes Symptoms:

- Increased thirst
- Frequent urination
- Extreme tiredness or weakness
- Slow healing wounds or infections
- Pain, tingling or numbness in hands or feet
- Blurry vision
- Unexplained weight loss

If you have any of these symptoms, call your doctor, who can perform the appropriate tests to determine if you have diabetes.



[www.dagc.org](http://www.dagc.org)

3601 S. Green Rd., #100  
Cleveland, OH 44122

Phone: (216) 591-0800

Fax: (216) 591-0320

Email: [information@dagc.org](mailto:information@dagc.org)

# 1 in 11 people in Northeast Ohio has diabetes. ... if you are the 1, DAGC is here for you.

Diabetes Association of Greater Cleveland is Northeast Ohio's only local and independent diabetes-focused organization, not affiliated with the American Diabetes Association or Juvenile Diabetes Research Foundation. **One hundred percent of donations to DAGC remain in Northeast Ohio. DAGC's diabetes educators are right here, ready to help you.**

## *DAGC offers the following services:*

- Community Education Programs
- School and Health Fair Presentations
- Diabetes Risk Assessments
- Individual and Group Diabetes Self-Management Classes
- Printed Educational Materials
- Answering Questions via Telephone or "Ask an Educator" on [www.dagc.org](http://www.dagc.org)
- Individual Medical Nutrition Therapy Counseling
- Aronoff Library and Resource Center
- Patient Assistance Program
- Referral Services to Healthcare Providers
- Professional Education Programs
- Local Diabetes Research Funding
- Camp Ho Mita Koda and Programs for Children and Teenagers with Diabetes
- Public Policy Activities Surrounding Local Diabetes-Related Issues

## How You Can Help

<b>\$50</b>	Provides 25 diabetes identification bracelets/necklaces.
<b>\$100</b>	Provides 1 client with medical nutrition therapy counseling and glucose meter education.
<b>\$250</b>	Provides 14 clients with a month's supply of insulin syringes.
<b>\$350</b>	Enables 1 child with diabetes to attend Camp Ho Mita Koda for 5 days.
<b>\$500</b>	Provides 5 clients with a month's supply of blood glucose strips.
<b>\$1,000</b>	Enables 1 client to attend 9 hours of diabetes self-management training.
<b>\$2,500</b>	Supports 1 summer intern in diabetes research.
<p>Visit <a href="http://www.dagc.org">www.dagc.org</a> to donate online or call <b>(216) 591-0800</b> to request a contribution envelope or to discuss your planned giving options.</p>	



For more information about how you can become involved with the Diabetes Association of Greater Cleveland, please visit [www.dagc.org](http://www.dagc.org) or call **(216) 591-0800**.