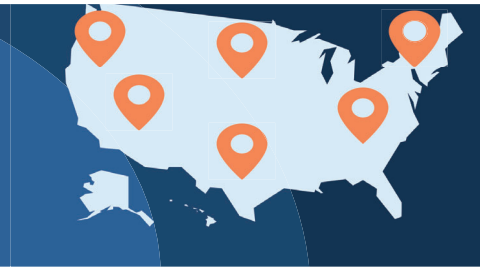
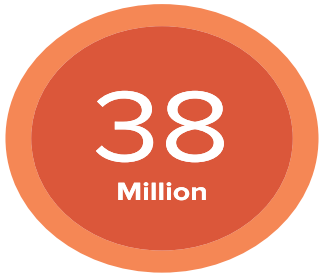


DIABETES

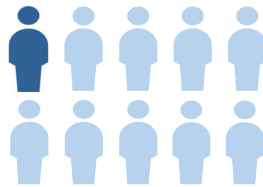
A US REPORT CARD



DIABETES



About 38 million people **have diabetes**

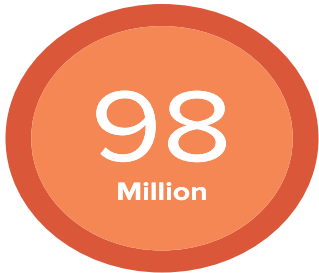


That's about **1 in every 10** people

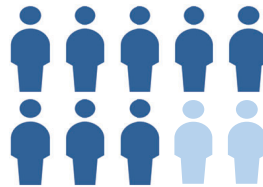


1 in 5 people **don't know they have it**

PREDIABETES



About 98 million American adults—**more than 1 in 3**—have prediabetes



More than 8 in 10 adults with prediabetes **don't know they have it**

COST



\$413 Billion

Total medical costs & lost work & wages for people with diagnosed diabetes



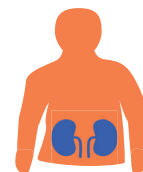
Medical costs for people with diabetes are **more than twice as high** as for people without diabetes

RISKS

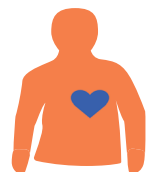
People who have diabetes are at **higher risk of serious health complications:**



Blindness



Kidney failure



Heart disease



Stroke



Loss of toes, feet, or legs



For more information on diabetes, or to make an appointment, call your Weeks primary care provider at 603-788-5095.

The Diabetes Support Group monthly newsletter is produced by Weeks Medical Center Registered Nurse and Diabetes Care and Education Specialist, Ashley Clauss. If you have any questions regarding the Diabetes Support Group, contact Ashley at 603-788-5659. Not only is this support group for patients with diabetes, but also their family, caregiver, and support person. All are welcome. We are always looking for new members!



Next Meeting... Please Join Us

Join us on November 28, 2023, 7:00pm-8:00pm at the Weeks Hospital Board Room, with our own Erin Campbell, Registered Dietician joining us! Masks are optional.

RECIPE OF THE MONTH

Holiday Brussels Sprouts with Cranberries

Think you don't like Brussels sprouts? Keep an open mind and try this recipe. Roasting veggies brings out maximum flavor and the mix of balsamic and cranberries is delicious!

INGREDIENTS

- nonstick cooking spray
- 1 lbs fresh Brussels sprouts (trimmed and cut in half)
- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1/3 cup cranberries (dried)
- 1/4 tsp black pepper

DIRECTIONS

1. Preheat the oven to 400°F. Spray a baking sheet with cooking spray.
2. In a medium bowl, add remaining ingredients and mix well.
3. Pour Brussels sprouts on baking sheet.
4. Bake for 25-30 minutes; toss once during baking.

NUTRITION FACTS

Servings Per Recipe: 7, Serving Size: 1/2 cup, Calories 80, Total Fat 4.5g, Satfat 0.6g, Cholesterol 0mg, Sodium 15mg, Total Carbohydrate 10g, Dietary Fiber 2g, Total Sugars 6g, Protein 2g, Postassium 215mg

https://www.diabetesfoodhub.org/recipes/holiday-brussels-sprouts-with-cranberries.html?home-category_id=1



Weeks Medical Center

Diabetes Support Group Newsletter is published 12 times a year by Weeks Medical Center. To find our current newsletter visit WeeksMedical.org. From home page, go to Your Health and scroll down to Diabetes Support Group and click on link.