

On the Road to Better Diabetes Health...Today and Tomorrow!

September 2010

Rural Health Group, Inc.

I Want to Know!

What's so important about my feet?

- Inspect your feet every day, and seek care early if you do get a foot injury. Make sure your health care provider checks your feet at least once a year - more often if you have foot problems. Your health care provider should also give you a list and explain the do's and don'ts of foot care.
- Most people can prevent any serious foot problems by following some simple steps. So let's begin taking care of your feet today.
- Your health care provider should perform a complete foot exam at least annually - more often if you have foot problems. Remember to take off your socks and shoes while you wait for your physical examination.
- Call or see your health care provider if you have cuts or breaks in the skin, or have an ingrown nail. Also, tell your health care provider if your foot changes color, shape, or just feels different (for example, becomes less sensitive or hurts).
- If you have corns or calluses, your health care provider can trim them for you. Your health care provider can also trim your toenails if you cannot do so safely.
- Because people with diabetes are more prone to foot problems, a foot care specialist may be on your health care team.



September Diabetes Support Group Meetings

Sept. 7, 2010—Littleton Senior Center: 11am-12pm

Sept. 8, 2010—J.W. Faison Center: 9am-10am

Sept. 8, 2010—Jordan Seaboard Center: 3pm-4pm

Sept. 21, 2010—Halifax Health Link: 10am-11am

Sept. 16, 2010—RHG at Scotland Neck: 12pm-1pm

Sept. 23, 2010—Medical Clinic of Enfield: 12pm-1pm

All meetings are free and the public is always invited. You do not have to be a patient at Rural Health Group to attend!

Wii @ Seaboard!!!!

Seaboard clinic has a Wii system available for public use!

Sign-up for 30 or 60 minute sessions.

Programs available include:

- Wii Fit Plus
- Jillian Michaels Fitness Ultimatum 2010
- Wii Sports

There is no charge to use it!

Questions or concerns on what you've seen in here??
Call Marie Jones at 252-589-1036.

