

HEALTH AWARENESS BENEFITS

PUTNAM COUNTY HOSPITAL

"Taking Care Of Families For Generations To Come"



1542 S. Bloomington St., Greencastle, IN 46135
(765) 653-5121 or 1-800-394-9338

www.pchosp.org



Could You Have Diabetes and Not Know It?

Take this simple test to see if you are at risk for having diabetes. Write in the points next to each statement that is true for you. If a statement is not true, put a zero. Then add your total score.

- | | | |
|---|------------|-------|
| 1. I am a woman who has had a baby weighing more than nine pounds at birth. | Yes 1 No 0 | _____ |
| 2. I have a sister or brother with diabetes. | Yes 1 No 0 | _____ |
| 3. I have a parent with diabetes. | Yes 1 No 0 | _____ |
| 4. My weight is equal to or above that listed in the chart. (The chart can be found at the bottom of this article.) | Yes 5 No 0 | _____ |
| 5. I am under 65 years of age and I get little or no exercise. | Yes 5 No 0 | _____ |
| 6. I am between 45 and 64 years of age. | Yes 5 No 0 | _____ |
| 7. I am 65 years old or older. | Yes 9 No 0 | _____ |

Scoring 10 or more points:

You are at high risk for diabetes. See your health care provider to find out for sure.

Scoring 3-9 points:

You are at low risk for diabetes. Stay this way by controlling your weight and maintaining a healthy diet.

At Risk Weight Chart

Height in feet and inches without shoes	Weight in pounds without clothing
4' 10"	129
4' 11"	133
5' 0"	138
5' 1"	143
5' 2"	147
5' 3"	152
5' 4"	157
5' 5"	162
5' 6"	167
5' 7"	172
5' 8"	177
5' 9"	182
5' 10"	188
5' 11"	193
6' 0"	199
6' 1"	204
6' 2"	210
6' 3"	216
6' 4"	221

If you weigh the same as or more than the amount listed for your height, you may be at risk for diabetes.

TOTAL

Diabetes is a serious disease. It can cause:

- blindness
- heart disease
- strokes
- kidney failure
- loss of a limb

If you think you are at risk, you can get help at Putnam County Hospital. We have the resources you need to diagnose and treat diabetes so that you may live a healthier, longer life. Contact us to learn more about the Diabetes Self Management Program. **NOW IN A GROUP CLASS SETTING!**

Diabetic group classes are offered in two three-hour blocks every month for a fee of \$25 for both classes. Save \$5 by registering in advance by calling the Putnam County Hospital Central Scheduling department at 765-658-2760. The classes are instructed by a Certified Diabetes Educator and a Registered Dietician.

A Youth Diabetes support group is also offered for families with children living with Type I Diabetes. The group meets on the third Thursday of each month at 6 p.m. in the third floor classroom at the hospital.

If you feel you are at risk for diabetes, call us. Help and support is available locally.

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This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health-care provider. If you have any questions about the disease described above, consult a health-care provider.