

# If you are at risk for diabetes, or if you already have this serious disease...

We can help with these ***FREE***,  
*high quality services*



- Diabetes Screenings
- Individual and Group Diabetes Education Classes
- Help with Meal Planning
- Diabetes Empowerment Groups
- Answering Questions via Telephone or Our Website: [www.dagc.org](http://www.dagc.org)
- Access to Emergency Diabetes Supplies
- Referrals to Healthcare Providers
- Printed Materials in English & Spanish
- School & Community Presentations
- Camp Ho Mita Koda for Children & Youth

**For help, or to help others,  
please call today:**

**(216) 591-0800**

or visit our website at [www.dagc.org](http://www.dagc.org)

## Diabetes Risk Factors:

- Family history of diabetes (mother, father, sister, brother, grandparent, aunt, uncle)
- Not being physically active
- Being overweight or obese
- Being over the age of 45
- Being a person of color (African-American, Hispanic, American Indian, Asian)
- Having high blood pressure
- Having high cholesterol or heart disease
- 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](http://www.dagc.org).*

*Let us help you: learn more, take charge  
and live well... with diabetes.*



# 1 in 10 people in Northeast Ohio has diabetes. If you are the 1, DAGC is here for you.

The Diabetes Association of Greater Cleveland is Northeast Ohio's only LOCAL and INDEPENDENT diabetes-focused organization. *One hundred percent of all donations to DAGC remain in Northeast Ohio.* DAGC's diabetes educators, nurses and dieticians are right here, ready to serve you, now.

## Diabetes Symptoms:

- Being very thirsty
- Having to urinate often
- Feeling very tired or weak
- Having wounds or infections that do not heal
- Having pain, tingling or numbness in your hands or feet
- Having blurry vision
- Losing weight without trying

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

## Other Professional Services

In addition to direct services, DAGC also provides valuable resources to the Northeast Ohio medical and research communities, including:

- Professional education programs and research symposiums
- Diabetes research internships for local medical and graduate students

## Join Our Electronic Mailing List

Receive important program and event announcements and DAGC's electronic newsletter, *Diabetes Matters*,™ by opting into our electronic mailing list by going to [www.dagc.org](http://www.dagc.org). You may unsubscribe at any time. Once you have unsubscribed, you will not receive any emails from us. Your address is never shared or sold.

## How You Can Help

Your LOCAL contribution can help someone in need right here in Northeast Ohio prevent the serious complications of diabetes.

- \$25** Provides one month of blood glucose monitoring test strips.
- \$50** Provides initial diabetes self-management instruction to one client
- \$100** Provides one vial of insulin
- \$250** Provides a group education class to 15 clients
- \$500** Provides a week at Camp Ho Mita Koda for a child with diabetes
- \$1,000** Provides screenings for 500 people (one out of ten will test positive)
- \$2,500** Supports one summer intern in diabetes research

### To Donate Online:

Go to: [www.dagc.org](http://www.dagc.org) or call (216) 591-0800 to request a contribution envelope. We are also available to discuss volunteer and planned giving options.

**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.

*Let us help you: learn more, take charge  
and live well... with diabetes.*

