


HEALTHY HAPPENINGS



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 Thursday 8am-5pm
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"The Power that made the body heals the body." –B.J. Palmer

Free Diabetes Education Class

During the second week of October, the hospital will be holding a series of lectures about diabetes. Each night will be facilitated by a different speaker to answer questions about certain aspects of diabetes.

Night One: Living with Diabetes 101

Date: Tuesday October 10th
 Time: 6-7:30PM
 Location: Education Room 2, Moab Regional Hospital

Night one discussion will be led by Tammy Tucker, who is a registered nurse and certified diabetes educator. Tammy will explain what happens in the body when someone has diabetes. This is a great session for those who are newly diagnosed with diabetes or those who would like to further understand their illness.

Night Two: Diabetes Medications 101

Date: Wednesday October 11th
 Time: 6-7:30PM
 Location: Education Room 2, Moab Regional Hospital

Night two discussion will be led by Jeremy Olsen who is the hospital's pharmacist. Learn how to manage medications that are commonly used by patients with diabetes.

Diabetes Education: Diabetic Diet and Lifestyle

Date: Thursday October 12th
 Time: 6-7:30PM
 Location: Education Room 2, Moab Regional Hospital

Night three discussion will be led by Janel Arbon who is Moab Regional Hospital's Registered Dietitian and certified diabetes educator. Janel will discuss healthy eating habits and behavior changes to help manage diabetes. Attend this session for practical ways to improve quality of life.

All education events held by the hospital are free! If you plan to attend any night, or all three, please RSVP at (435) 719-5580 or vista@mrhmoab.org.

Who should attend these classes?
 Classes are open to the public, however, the people who will most benefit from these classes are those who have been diagnosed with diabetes, those who have



friends or family close to them with diabetes, or those who are considered pre-diabetic.

What is pre-diabetic?

Pre-diabetes is the condition where someone's blood sugar levels are higher than normal but not quite high enough to be diagnosed as diabetes. Discuss with a primary care provider if you suspect you are pre-diabetic. If someone has prediabetes, it is important to make lifestyle changes as soon as possible, otherwise, they are likely to develop Type II diabetes. The good news is, with lifestyle changes, developing diabetes is not inevitable; it can be prevented!

Do I have to attend all 3 sessions?

Everyone can benefit from attending all three sessions, but it is certainly not required to attend all three. The information discussed each night will be different and will not necessarily build on each other.

What if I am busy these evenings but would still like to learn more about Diabetes?

Ask your primary care provider for information! A primary care provider will be able to explain to you information regarding your specific situation and your body. You can also be referred to the hospital's registered dietitian if you are looking to make lifestyle changes.



Get your flu shots at Moab Regional Health Center

On Monday October 9th, Moab Regional Health Center will be hosting a walk-in Flu Shot Clinic. Walk into the clinic any time between the hours of 9AM and 4PM to receive a shot. Make sure to have medical insurance information available to you if you are insured.

The CDC estimates that the flu has resulted in between 140,000 and 170,000 hospitalizations each year. Protect yourself and your loved ones from getting the flu by knowing the signs. Flu symptoms include fever, chills, muscle aches, cough, congestion, runny nose, headaches or fatigue. It is especially important for those who are at risk for flu related-complications such as young children, the elderly, and others who are immune-suppressed to receive their flu shots. However, it is still a good idea for everyone to get one. The more people in a population who are protected, the less likely those who have suppressed immunity will contract the illness.

If you or someone you know is experiencing flu symptoms, see a medical provider. Flu antiviral drugs may be prescribed, especially if the treatment can begin within 48 hours of experiencing the symptoms.

Some facts you should know about the 2017-2018 flu season:

Pregnant woman may receive a licensed, recommended, and age appropriate flu vaccine.



Flu vaccines have been updated to better match circulating viruses, such as H1N1 (Swine Flu).

Children may require a second flu vaccine for optimal protection. Ask your medical provider if this is needed for your child.

The CDC recommends that people get a flu vaccine before the end of October. Take advantage of the convenience of the walk in flu shot clinic at Moab Regional Health Center, but if you cannot come into the office that day, you have other options. Make an appointment to get your shot with Moab Regional Health Center by calling (435) 719-5500. Flu shots are also available at Moab's City Market pharmacy.

The many benefits of Chiropractic

When most people think of Chiropractic they think of popping and cracking of the neck and back to treat acute pain, most people don't realize that chiropractic was invented to not only help back and neck pain but to also boost your immune system to help prevent disease. The power of the body is so great that in most cases it can heal itself with a little help from adjustments. In other countries chiropractic is promoted more by health insurance companies and governments because it can keep the cost of healthcare down especially for the common stuff we go to our primary care doctor for.

Here at Red Valley Chiropractic we treat numerous ailments and diseases by clearing out the nerve interference to make life more bearable. Chiropractic can help headaches/migraines, sciatica, allergies, cold & flu, MS, arthritis, carpal tunnel, ear infections, TMJ, menstrual problems and a whole lot more! Every October we have a patient appreciation event/ food drive. This year on October 18th Dr. Morgan is giving \$20 adjustments to existing patients when you bring in 5 non-perishable food items. Help us give back to our community and help us make it a better place inside and out!