

## Diabetes Awareness Month Take Charge of Your Diabetes

*Featuring Guest Presenter*

**Dorian Rammell, OD**

Eye Care Specialists, P.S.

**The Laser & Surgery Center**

Clarkston, Washington

Topic:

**Signs of Diabetic Eye Disease**

**November 3, 2011**

**6:00 p.m. to 7:00 p.m.**

**Snake River Community Clinic**

**215 10th Street, Lewiston**

“According to the Centers for Disease Control and Prevention: Diabetic eye disease may be developing even when your sight is good; regular dilated eye exams are important for finding problems early. High blood glucose can damage your eyes with time; work with your health care team to keep your blood glucose levels at target range. High blood pressure can damage your eyes; have your health care provider check your blood pressure at least 4 times a year.”

Source: Centers for Disease Control and Prevention

<http://www.cdc.gov>

For more information, contact Deb Merica at  
Public Health - Idaho North Central District (208) 799-0379.

[www.idahopublichealth.com](http://www.idahopublichealth.com)