



Health & Wellness Seminar
Topic: Diabetes Awareness
Thursday, May 30, 2013 from 12:00pm—1:00pm
Speaker: Dr. Jaspreet Kaur, MD
Location: Speer Memorial Library

**Boxed Lunch will
be Provided.**

Please register by
Friday May 24,
2013 at noon.

Please contact
Human Resources
at 580-8631 to
register for this
seminar.

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the **early detection** of diabetes symptoms and treatment can decrease the chance of developing the **complications of diabetes**.

Type 1 Diabetes

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and Irritability

Type 2 Diabetes

- Any of the type 1 symptoms
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections

If you have one or more of these diabetes symptoms, **see your doctor right away.**

Source: American Diabetes Association

The Human Resources Department in conjunction with Mission Regional Medical Center will be hosting health and wellness seminars each month. Employees will receive health tips to take home and a plan for taking better care of themselves. Please make plans to attend. Sign up now by calling Human Resources at 580-8631 or emailing npeña@missiontexas.us.

Our mission is to promote health awareness and to encourage healthy lifestyles.

Questions? Contact the Human Resources Department at 956-580-8630.

