

Evergreen Healthcare's commitment to provide services outside the walls of our hospital is unique on the Eastside and contributes significantly to the health and well-being of our community. In this continuing series, we highlight some of the programs made possible by your levy support.

"I'm in charge of my diabetes."

When 62-year-old Norma Nebecker went to the doctor last December, she didn't expect the diagnosis to be diabetes. Realizing that she needed information on the disease, her doctor recommended she enroll in Evergreen's Diabetes Education Program. "I would have been floundering without these classes," Nebecker says. "They gave me the ability to take care of myself and figure out some pretty big lifestyle changes."

That's exactly what Lois Reed – one of two certified diabetes educators at Evergreen – wants to hear. The four-part educational series is for adults with Type 2 diabetes. Reed, who teaches the series with Marilyn Ward, says it gives patients a clearer understanding of their condition and how to know if their diabetes is under good control.

"They learn when to call the doctor, what preventive tests need to be done, how to practice good nutrition and how to identify and resolve problems with their blood sugar," Reed explains. She is encouraged that nearly 90 percent of class graduates are able to keep their blood sugar within a healthy range and thereby avoid the long-term complications of diabetes, which include heart disease, blindness and nerve and kidney damage.

UP-TO-DATE INFORMATION

"The first thing they do is teach diabetes survival skills," Nebecker recalls. "We learned what diabetes is and why it happens, and

about what to eat and how to monitor our blood sugar." Later classes provide more in-depth information about diet and lifestyle changes needed to successfully manage diabetes.

In addition to the education series, Evergreen also sponsors an annual diabetes fair where vendors and speakers present the latest information and



Norma Nebecker now has more energy for the hobbies she loves.

products for diabetics. "It's the patient's responsibility to keep up with their diabetes knowledge," Reed explains. "Things change, and they need to keep informed."

Norma Nebecker has been able to control her diabetes without medication, and she credits the Evergreen program with giving her the ability to take care of herself and her disease. "The classes made me feel like I was in control," she says. "I'm in charge of my diabetes and I'm my own manager."

For more information on Evergreen's Diabetes Education Program, please call 425.899.3008 or visit our website at www.evergreenhealthcare.org.



Lois Reed, RN and Marilyn Ward,
Registered Dietician

ABOUT THE EVERGREEN LEVY

About 3.6 percent – roughly \$13.4 million – of Evergreen Healthcare's annual operating budget comes from the levy money paid to King County Public Hospital District No. 2. Some of this money is used to

pay for buildings and equipment; the rest funds innovative community health programs to meet the diverse needs of the area we serve. The taxation rate for 2005 is \$.33 per thousand, or \$83 for a \$250,000 home.