

PRESS RELEASE:

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Diabetes Alert Day Taking Place at Pardee Health Education Center

(Hendersonville, N.C.) Tuesday, Mar. 23 is the American Diabetes Association Alert Day. On this day, the [American Diabetes Association](#) encourages people of all ages to join the Stop Diabetes movement by taking the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes. Tests will be offered from 10 a.m. until 12 p.m. and again from 1 until 3 p.m. at the [Pardee Health Education Center](#) located inside the Blue Ridge Mall at 1800 Four Seasons Boulevard.

Tests will be administered by members of the [Perspectives Diabetes Education Program](#), a self-management education program accredited by the American Diabetes Association and located at the [Pardee Rehab and Wellness Center](#).

“We will offer a free blood glucose check as well as basic information about diabetes for those who may be at any risk for pre-diabetes or diabetes,” said Perspectives program coordinator, Nina Lovern. “It is so important for people to come out and get tested. Early diagnosis is critical to successful treatment of this deadly disease.”



Alert Day is a one-day wake-up call asking the American public to know their risk.

Diabetes is a serious disease that strikes nearly 24 million children and adults in the United States. An additional 57 million, or one in five Americans have pre-diabetes, which puts them at high risk for developing type 2 diabetes. Diabetes is named the silent killer because nearly one-fourth of those with the disease – 5.7 million – do not know they have it. The Diabetes Risk Test asks users to answer simple questions about weight, age, family history and other potential risks for pre-diabetes and type 2 diabetes.

For more information about the Perspectives Diabetes Education Program contact Nina Lovern at (828) 698-4533 or stop by the Pardee Rehab and Wellness Center at 212-B Thompson Street. More information about the American Diabetes Association Alert Day can be found by visiting www.diabetes.org/alert.

[Pardee Hospital](#) is a not-for-profit community hospital founded in 1953. The main hospital is licensed for 222 acute care beds and is the second largest employer in [Henderson County](#). The hospital has several locations separate from the main campus, including an adult day services center, a health education center in the Blue Ridge Mall, home care services, a rehab and wellness center, a midwifery program, various family





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and internal medicine practices, and an urgent care facility. For more information or to find a physician, call 1-866-790-WELL (9355) or visit www.pardeehospital.org.

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