



Contact: Stacy Thornton
Director of Marketing and Professional Relations
832-912-3846
Stacy.thornton@ncmc-hospital.com

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NORTH CYPRESS MEDICAL CENTER DIABETES EDUCATION PROGRAM MERITS ADA RECOGNITION

Cypress, TX, 1/13/12- In December 2011, North Cypress Medical Center was awarded the prestigious Education Recognition Certificate for a quality diabetes self-management education program by the American Diabetes Association (ADA). ADA believes North Cypress' program offers high-quality education that is an essential component of effective diabetes treatment.

The ADA's Education Recognition Certificate assures that North Cypress' educational program meets the National Standards for Diabetes Self-Management Education Programs. These standards were developed and tested under the auspices of the National Diabetes Advisory Board in 1983 and were revised by the diabetes community in 1994, 2000 and 2007.

"The certification process gives professionals a national standard to measure the quality of services they provide", comments Rebecca Hutchinson, RN, BSN, CDE, Certified Diabetes Educator at North Cypress Medical Center. "And, of course, it assures the consumer that he or she will likely receive high-quality service." Education Recognition status is verified by an official certificate from ADA and awarded for four years.

According to the ADA, there are 25.8 million people or 8.5% of the United States population who have diabetes. While an estimated 18.8 million have been diagnosed, unfortunately, 7 million people are not aware that they have this disease. Each day approximately 5,205 people are diagnosed with diabetes. Many will first learn that they have diabetes when they are treated for one of its life-threatening complications- heart disease, stroke, kidney disease, blindness, nerve disease and amputation. In 2007, diabetes contributed to 231,404 deaths, making it the seventh leading cause of death in the United States.

The North Cypress Medical Center Outpatient Self Management Education Program is a 2-visit program administered by a Certified Diabetes Educator dedicated to helping people meet the challenges of living successfully with diabetes.

The areas addressed include:

- Disease process- what it means to be diabetic
- Living with Diabetes- family, friends and coping strategies
- Meal planning- carbohydrate counting, label reading and dining out
- Physical Activity- types, effects and importance
- Monitoring Blood Glucose- goals, meters and management
- Complications- prevention/reduction
- Behavioral goals- setting them and creating change for improved health

A Certified Diabetes Educator works with each patient and their physician to set individual goals for glucose testing, carbohydrate counting, and overall treatment management. The goal of the North Cypress Diabetes Education Program is to make living with diabetes less complicated and help improve quality of life for the whole family.

The ADA is the nation's leading non-profit health organization supporting diabetes research, advocacy and information for health professionals, patients and the public. Founded in 1940, the Association has an area office in every state and conducts programs in communities nationwide.

For more information on the North Cypress Diabetes Education Program, contact Rebecca Hutchinson, RN, BSN, CDE at 832-912-3833. For more information on Recognized education programs in your area or other American Diabetes Association programs, call your local ADA office or contact the ADA online at www.diabetes.org.

North Cypress Medical Center is a 175-bed acute care hospital located in Cypress (northwest Houston area), Texas. The hospital offers patients state-of-the-art medical care and technology in an upscale, five-star hotel-like atmosphere. Medical services include Cardiology, Critical Care, Emergency Care, Orthopedics including a Total Joint and Spine Center, Cancer care including Radiation Oncology, and Surgical Weight Loss. Visit our website at ncmc-hospital.com for more information.

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