



FOR IMMEDIATE RELEASE

## **A1C Champions team to share insight on diabetes journey**

**PARK RAPIDS, MN (FEB. 19, 2015)** – Terry Wiley, who has diabetes, and his wife and care partner, Darlene, will share their story and journey with diabetes during a free educational outreach program at CHI St. Joseph's Health.

At 9 a.m. Tuesday, March 10, the Wileys will present "Diabetes Together" at CHI St. Joseph's Health Diabetes Support Group monthly meeting. Anyone with diabetes and their care partners are encouraged to attend. These meetings are held in CHI St. Joseph's lower level conference room A.

Terry and Darlene are members of the A1C Champions Program sponsored by Sanofi US, a patient-led approach to diabetes education. Their message is to let others know that although the person who supports someone with a chronic disease is often referred to as a care giver, it really requires a partnership to face challenges and successes of the diabetes journey together.

Among topics to be covered are:

- The Wiley's story about working as a team.
- Information about diabetes and controlling blood sugar.
- Ideas for effective communication between partners.
- How to work together to manage diabetes without it becoming the main focus of a relationship.

If you have diabetes, it doesn't affect just you. It also touches your family and friends who want to know how they can best help you.

While people with diabetes are ultimately responsible for their choices, the relationship with a care partner can have a significant impact on how someone manages

his or her condition. A1C Champions can provide education and motivation for working together to achieve better blood glucose control.

Diabetes is a chronic widespread condition in which the body does not produce or properly use insulin, the hormone need to transport glucose (sugar) from the blood into the cells of the body for energy.

It is estimated that nearly 26 million Americans have diabetes, including an estimated 7 million of those who remain undiagnosed. About 40 percent of those who are diagnosed are not achieving the blood sugar control target of A1C <7 percent recommended by the American Diabetes Association. The A1C test measures average blood glucose levels over the past two- to three-month period.

CHI St. Joseph's is located at 600 Pleasant Avenue in Park Rapids. Please contact Tia Kocka at 218.255.3684 if you have any questions about the Diabetes Support Group or this event.

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**Terry and Darlene Wiley**

### **About CHI St. Joseph's Health**

*CHI St. Joseph's Health is a 25-bed critical access hospital serving communities in Hubbard, Becker, Cass and Wadena Counties since 1946. In recent years, CHI St. Joseph's Health's award-winning teams took several national honors including: The Joint Commission Top Performer on Key Quality Measures in surgery; Top 100 Critical Access Hospital, HealthStrong; WomenCertified's America's Best Hospitals Women's Choice Award in obstetrics; and the Studer Group Fire Starter Healthcare Organization of the Month among other national and state recognitions.*

### **About CHI**

*Catholic Health Initiatives, one of the nation's largest health systems, was formed in 1996 to strengthen the Catholic health ministry for the future. With deep roots in the tradition of expressing Christ's love by caring for those in need, Catholic Health Initiatives serves more than four million people each year through acute care hospitals; long-term care, assisted and residential-living facilities; community-based health services; home care; research and development; and reference laboratory services.*

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