



# 19th Annual AMH Diabetes Fair Scheduled for Nov. 9

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ALTON – Living with diabetes can be challenging at times but the more knowledge about the disease you can gather, the easier it will be to manage — and the healthier you'll be.

One great opportunity to learn more is at Alton Memorial Hospital's 19<sup>th</sup> annual Diabetes Fair. This educational and fun event will be held from 8:30 a.m.-noon Saturday, Nov. 9, in the hospital's Beeby Wing lobby and cafeteria. Guests can enter through the Duncan Wing lobby. The Diabetes Fair is part of National Diabetes Month.

**To register for the fair and to make an appointment for an A1C screening, call 800-392-0936.**

You can visit a wide assortment of booths that offer the latest information about diabetes medications, treatment and equipment available.

Dr. Wael Girgis, an endocrinologist on staff at Alton Memorial, will speak in the café meeting rooms at 9:15 a.m. Those who come to listen to Dr. Girgis will be entered into a drawing for prizes at the end of the talk. There is limited seating for the presentation, so tickets will be available on a first-come, first-served basis as you enter the fair.

After Dr. Girgis' presentation, you can enjoy a complimentary boxed lunch, courtesy of Firehouse Subs, served in the cafeteria.

The A1C screenings, plus other health screenings, will be available just down the hall from the fair in the AMH Wound Care Center. You must make an appointment in advance for the A1C screenings by calling 800-392-0936, but diabetic foot screenings and lung function tests will also be available on a first-come, first-served basis. Tickets for those will be available when you sign in at the registration table for the fair.

**Dr. Wael Girgis, an endocrinologist on staff at Alton Memorial Hospital, will speak at 9:15 a.m. during the Diabetes Fair on Saturday, Nov. 9.**