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GMC News

November is Home Care & Hospice Month

During November, the home care and hospice community honor the millions of nurses, home care aides, therapists, and social workers who make a remarkable difference for the patients and families they serve. These heroic caregivers play a central role in our health care system and in homes across the nation. Please join Glenn Medical Center in celebrating the nurses, therapists, aides, and other providers who choose to use their lives to serve our country's aged, disabled, and dying. No work is nobler, and no group is more deserving of our respect and admiration. Their goal is helping society's weakest members live the fullest lives they can. Because of these individuals, patients are able to get care at home where they can be with the ones they love.

Thank You from GMC!



**HAPPY
THANKSGIVING!**

This institution is an equal opportunity provider and employer.

~ ~ What's Happening at GMC ~ ~

Glenn Medical Center Adds Another New Provider!

We are very excited to announce the addition of another mid-level to our list of providers. Maqsud Dean, Physician Assistant, joined us in late October. He brings with him a wealth of knowledge in pain management, among other specialties, and we're very excited that he's chosen to work at GMC. He is still accepting new patients - no referrals necessary - in our Family Care Clinic at 934-1816. Same day appointments are also available. Welcome to GMC, Maqsud!

November is American Diabetes Month

Diabetes mellitus refers to a group of diseases that affect how your body uses blood sugar (glucose). Glucose is vital to your health because it's an important source of energy for the cells that make up your muscles and tissues. It's also your brain's main source of fuel. If you have diabetes, no matter what type, it means you have too much glucose in your blood, although the causes may differ. Too much glucose can lead to serious health problems. Chronic diabetes conditions include Type 1 diabetes and Type 2 diabetes. Potentially reversible diabetes conditions include pre-diabetes - when your blood sugar levels are higher than normal, but not high enough to be classified as diabetes - and gestational diabetes, which occurs during pregnancy but may resolve after the baby is delivered. Diabetes symptoms vary depending on how much your blood sugar is elevated. Some people, especially those with pre-diabetes or Type 2 diabetes, may not experience symptoms initially. In Type 1 diabetes, symptoms tend to come on quickly and be more severe. Some of the signs and symptoms of Type 1 and Type 2 diabetes are:

- Increased thirst
- Frequent urination
- Extreme hunger
- Unexplained weight loss
- Presence of ketones in the urine (ketones are a byproduct of the breakdown of muscle and fat that happens when there's not enough available insulin)
- Fatigue
- Irritability
- Blurred vision
- Slow-healing sores
- Frequent infections, such as gums or skin infections and vaginal infections.

Although Type 1 diabetes can develop at any age, it typically appears during childhood or adolescence. Type 2 diabetes, the more common type, can develop at any age, though it's more common in people older than 40. If you notice any possible diabetes symptoms, contact your doctor. The earlier diabetes is diagnosed, the sooner treatment can begin.

Glenn Medical Center Helps Our Lake County Neighbors

Following the catastrophic fire in Lake County, GMC employees conducted a collection for those who lost everything. We had an outpouring of support, resulting in large amounts of money, non-perishable foods, school supplies, pet food, clothing, blankets, cases of water, diapers, and more!

Glenn Medical Center - providing quality healthcare right here at home for 65 years!