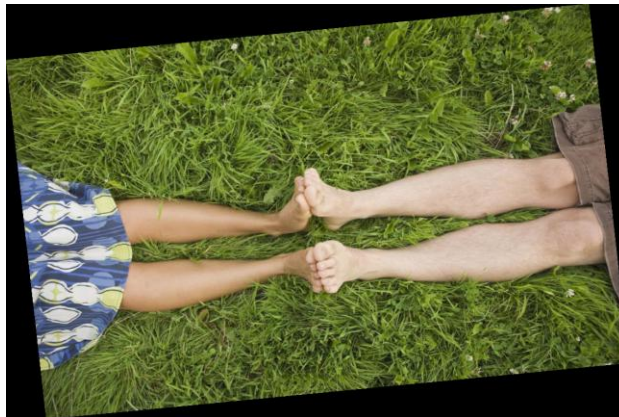


# Daily Life with Diabetes

People living with diabetes can experience problems with circulation or nerve damage that can lead to health complications. At Florida Hospital DeLand, we feel it is important for you to know how to best take care of your legs and feet to maintain a healthy you. We are hosting our 2<sup>nd</sup> annual Healthy Leg Day (see below) and would like to invite you all to attend:

## Healthy Leg Day

Wednesday, November 2  
Florida Hospital DeLand Classrooms ABC  
9 to 11am



Please join us for an educational event focusing on prevention and treatment of leg health issues, such as swelling, lymphedema, varicose veins, peripheral artery disease, blood clots or other venous disease symptoms, that may appear as a result of diabetes, heredity, age, or other conditions.

### Presentations will include:

“Ask a Doc”  
Foot Screening  
Dietary Considerations  
Occupational Therapy-Lymphedema  
Physical Therapy and Conditioning

Various booths will be setup to demonstrate medical garments, equipment, and supplies to support healthy legs.

For more information, contact Joyce Parrillo, Diabetes Educator, at (386)943-4727 or Nicole Scheiman, Certified Lymphedema Therapist, (386) 943-4690.