



# OCEAN COUNTY LIBRARY

Connecting People ... Building Community...Transforming Lives

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101 Washington St., Toms River, NJ 08753-7625

Telephone: 732-349-6200

[www.theoceancountylibrary.org](http://www.theoceancountylibrary.org)

Susan Quinn, Director

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## PRESS RELEASE

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### Diabetes primer to be offered at 3 library branches

**TOMS RIVER** - Nearly 30 million Americans, more than nine percent of the country's population, have diabetes, according to Monmouth Medical Center.

Do you know if you have it?

The Center for Healthy Aging, in cooperation with the Pharmacy Department at Monmouth Medical Center's Southern Campus, will present the basics of diabetes with Certified Diabetes Educator Irene McNamara at three Ocean County Library branches in April.

She will discuss the signs and symptoms of diabetes as well as its prevention and treatment options.

Attendees who have fasted for two or more consecutive hours will have the option of having a complimentary blood glucose screening.

Light, healthy refreshments will be provided.

The programs are free but registration is required. To register, telephone the branch or go to the library's website [www.theoceancountylibrary.org](http://www.theoceancountylibrary.org). They will be presented at these library branches:

2 p.m. Monday April 13 at Jackson, 2 Jackson Drive, 732-928-4400,

10 a.m. Tuesday April 14 at Brick, 301 Chambers Bridge Rd., 732-477-4513,

2 p.m. Monday April 20 at Manchester, 21 Colonial Drive, 732-657-7600.

Diabetes is a disease in which the body does not properly process food for use as energy, according to the Centers for Disease Control and Prevention. When a person has diabetes his or her body either does not make enough insulin or cannot use its own insulin as well as it should, resulting in a buildup of sugar in one's blood.

It can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations. It is the seventh leading cause of death in the U.S.