



KATAHDIN VALLEY HEALTH CENTER

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Katahdin Valley Health Center is hosting its 5th Annual Autumn Charity Golf Tournament on Saturday, October 4, at VaJoWa Golf Club in Island Falls, to raise funds to support diabetes programs for people throughout the Greater Katahdin Region. Testing supplies and medications needed to help regulate diabetes are expensive and not always affordable for many local residents.

There is no current cure for diabetes. Diabetes is a serious disease, but it is controllable so those suffering from this disease can lead healthy, active lives.

Diabetes is a serious chronic disease that affects a person's insulin, impairing the body's ability to use food. People with diabetes are at a much higher risk than the general population for damage to the eyes, feet, kidneys, nerves and blood vessels. Diabetes can be managed through lifestyle changes and medication.

There are 23.6 million children and adults in the United States, or 8% of the population, who have diabetes. While an estimated 17.9 million have been diagnosed with diabetes, unfortunately, 5.7 million people (or nearly one quarter of the population) are unaware they have the disease. The total prevalence of diabetes increased 13.5% from 2005 through 2007. Only 24% of diabetes is undiagnosed, down from 30% in 2005 and from 50% ten years ago.

In northern Maine, 8% to 10% of the population has diabetes. The majority of these people suffer from depression, cardiovascular disease, high blood pressure and other grave health issues.

Because of these serious risk factors, the American Diabetes Association recommends regular screening for early signs of damage. Many of these side effects can be delayed or avoided altogether through careful blood sugar control. A recent study found that lowering blood sugar levels also lowers treatment costs for people.

We hope you can join us again this year on the golf course to help those who suffer from diabetes every single day of the year.

Whether you decide to join us on the fairway, be a sponsor or make a donation, your support of this charity event will allow these programs to continue and to expand as people's needs require. All proceeds directly benefit those who suffer from diabetes.

Please return your registration and/or sponsorship form today to support this worthwhile event that helps so many of our friends and neighbors throughout the Katahdin Region. Your pledge is tax deductible. We look forward to acknowledging you as one of our many sponsors and/or players.

With appreciation,

Enclosures

Registration Form
Sponsorship Form