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270-206-1949 (TTY: 711)
Monday – Friday
8 a.m. – 5 p.m.
Humana.com/boswalt

Humana is a Medicare Advantage HMO, PPO and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. Applicable to HumanaChoice RPPO: R0865-003

At Humana, it is important you are treated fairly. Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, or religion. English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-877-320-1235 (TTY: 711). Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-320-1235 (TTY: 711). 繁體中文 (Chinese): 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-877-320-1235 (TTY: 711)。
Purchase Area Diabetes Connection is a coalition of health professionals and community members whose goal is to increase diabetes awareness and promote Diabetes Self-Management Education & Support and Diabetes Prevention Programs. Our Vision is to reduce the burden of diabetes in our community. If you are interested in being involved, please contact DeAnna Leonard at 270-444-9625, ext. 107 or dleonard@purchasehealth.org.

Thank you to our partners who support this publication and events sponsored by the Purchase Area Diabetes Connection.

Anthem • Aetna • Humana
Passport • Baptist Health • Mercy Health
McCracken County Cooperative Extension Service

This resource was developed to assist people with diabetes or prediabetes and connect them to local resources for education and support. This may not be a complete listing of all services available. If you provide or are aware of other services not listed in this guide, please send information to DeAnna Leonard at 270-444-9625, ext. 107 or dleonard@purchasehealth.org.
Ballard County Cooperative Extension Service – offers classes, information and recipes. Contact them at 270-665-9118.

**PHARMACY AND MEDICAL EQUIPMENT**

Sutton’s Drugs – ADA Accredited Diabetes Education program with 2 Certified Diabetes Educators on staff offering support and education. Contact: 234 Broadway, LaCenter 270-665-5192.

Medcare Pharmacy & Home Medical – offers prescription services and medical equipment. Wickliffe location: 270-335-3172
**DIABETES EDUCATION**

**Kentucky Care, Inc.** – offers individual diabetes & nutrition education with a Registered Dietitian. Will accept Medicaid, insured and uninsured (sliding scale).
120 N. 4th Street, Barlow, KY 42024 | Ph: 270-349-6208

**Purchase District Health Department** – has Healthy Living with Diabetes classes in fall and spring. Accredited with American Association of Diabetes Educators. For class schedule and more information, contact 270-444-9625, ext. 107.
**DIABETES EDUCATION & MEDICAL NUTRITION THERAPY**

**Calloway County Health Department** – offers Diabetes Self-Management Education and Support classes and Medical Nutrition Therapy with a Registered Dietitian. Call 270-753-3381 for information.

**Kentucky Care** – offers Medical Nutrition Therapy and individual diabetes education with a Registered Dietitian. Will accept Medicaid, insured and uninsured (sliding scale). Call 270-349-6208 for an appointment.

**Murray-Calloway County Hospital** – offers Medical Nutrition Therapy with a Registered Dietitian. Call 270-762-1348 for an appointment.

**NUTRITION EDUCATION & COOKING CLASSES**

**Calloway County Cooperative Extension Service** – offers Nutrition education and cooking classes. Visit the office for recipes and resources.

93 Extension Way, Murray, KY 42071 | Phone: (270) 753-1452
NUTRITION EDUCATION AND COOKING CLASSES

Carlisle County Cooperative Extension Service – offers classes on cooking healthy, gardening, recipes and so much more! Contact them at John Roberts Drive #B, Bardwell, KY; phone: 270-628-5458.

DIABETES EDUCATION

Kentucky Care – offers Medical Nutrition Therapy and individual diabetes education with a Registered Dietitian. Will accept Medicaid, insured and uninsured (sliding scale). Clinic located at 75 East Court Street, Bardwell, KY 42023 | Call 270-349-6208

Purchase District Health Department – offers Healthy Living with Diabetes classes in fall and spring. Accredited with American Association of Diabetes Educators. For class schedule and more information, contact 270-444-9625, ext. 107.

PHARMACY AND MEDICAL EQUIPMENT

Medcare Pharmacy & Home Medical
165 Walnut Street; Arlington | 270-655-6151

LEARN TIPS TO REDUCE YOUR RISK FOR DIABETES COMPLICATIONS

Plan meals and make healthy food choices

Monitor yourself: it’s more than just your blood sugar
Fulton County Resources

DIABETES & NUTRITION EDUCATION

Fulton County Extension Office – offers classes, information and recipes. Contact them at 270-236-2351.

Purchase District Health Department – offers Healthy Living with Diabetes classes in fall and spring. Accredited with American Association of Diabetes Educators. For class schedule and more information, contact 270-444-9625, ext. 107.

PHARMACY AND MEDICAL EQUIPMENT

Medcare Pharmacy & Home Medical
2009 S. 7th Street, Hickman | 270-236-2588

DID YOU KNOW TYPE 2 DIABETES CAN BE PREVENTED?

Type 2 Diabetes does not occur overnight. High blood sugars can progress over many years until you reach diagnosed levels. Prediabetes occurs when blood sugars are high but not at the diagnosed levels of type 2 diabetes. The good news is if caught early, small steps can help prevent or delay type 2 diabetes. Diabetes Prevention Program can help you take those small steps to healthy lifestyle changes. Participants get support with 16 weekly meetings, then 6 monthly follow up meetings. One out of three American adults have prediabetes and many are unaware. See your healthcare provider for a screening.

Visit www.DoIHaveDiabetes.org and take the Prediabetes risk test.
WE OFFER PILL PACK
You don’t have to worry about a thing!

We package your medication by time of day in a convenient weekly package!

GO FROM THIS

We coordinate with your doctors and insurance to gather your prescriptions so all your refills come due at the same time!

TO THIS

✓ Customizable labels with your name, and medication
✓ Packaging for morning, noon, evening, and bedtime
✓ Perforated blister packs allow for specific intake times or taking medication on the go
✓ Color-coded by time of day so you know when to take your medicine
✓ Filled by your pharmacist so it eliminates worry of mixing up medications
Graves County Resources

**DIABETES & NUTRITION EDUCATION**

**Graves County Health Department** – offers the following

- **Lifestyle change program** – A nationally recognized program that offers an exciting series of 1 hour classes assisting individuals with making healthier lifestyle changes to prevent Type 2 diabetes.
- **F.E.E.T. Program** - A series of education sessions and home visits offered in collaboration with Licensed Diabetes Educator and Community Health Worker aiding in diabetes self-management awareness. Helps to manage life easier.
- **Chronic Disease Self-Management Program** – a series of workshops for people with diabetes and other chronic health related issues. Helps provide alternate ways to control pain and other symptoms.
- **Nutrition Education with a Registered Dietitian**

Call Riley Willett at 270-247-3553 Ext. 224 for information or go online at www.GravesCountyHealthDepartment.com

**Jackson Purchase Medical Center, Diabetes Care Center** – offers group classes and individual appointments with a physician referral. Cost is fee-for-service basis and may be covered by insurance. Call 270-251-4372 for more information. Accredited by the American Diabetes Association.

**Kentucky Care, Inc.** – offers individual Nutrition & Diabetes Education. Will accept Medicaid, insured and uninsured (sliding scale). For an appointment or more information call 270-349-6208. Mayfield: 211 S. 8th Street, Mayfield, KY 42066
Graves County Cooperative Extension Service offers Nutrition education and cooking classes. Visit the office for recipes and resources. 251 W. Housman St, Mayfield, KY 42066 | Phone: (270) 247-2334

DUNCAN PRESCRIPTION CENTER

FREE IN-TOWN DELIVERY!

315 WEST BROADWAY • MAYFIELD, KY 42066 • 270-247-3345

Let us help you manage your Diabetes

At the Diabetes Center at Jackson Purchase Medical Center, our goal is to help you and your family understand and control your diabetes with education and treatment. Our specially-trained providers will make sure you know how your medications work, assist you in making lifestyle changes you can live with and explain what the numbers mean. We help you understand how important it is to:

- Eat healthy
- Stay active
- Lose weight
- Maintain a healthy blood pressure

As an American Diabetes Association recognized program, we are proud to have received certification for inpatient diabetes care by the Joint Commission – recognizing our efforts to help our community.

Let us help you with your diabetes care. Contact us at 270.251.4100

1099 Medical Center Circle | Mayfield, KY 42066-1099
VETERAN’S PROGRAM

Medical Nutrition Therapy provided by Department of Veterans Affairs Registered Dietitians for Veterans enrolled in the Veteran Affairs healthcare system. Dietitians are located at the Mayfield and Paducah Community Based Outpatient Clinics and a Home Based program is also available if you meet the criteria for the program. Veterans enrolled may also participate in a Sit n’Fit class provided at the Paducah Community Outpatient Clinic on Tuesdays from 1100-1200. A Whole Health Program is also available for All Veterans if interested please contact your local Community Based Outpatient Clinic for more information.
Graves – 270-247-2455
McCracken – 1 866-274-5761 or 270-444-8465
NUTRITION EDUCATION AND COOKING CLASSES

Hickman County Cooperative Extension Service has recipes, healthy living information and life skill classes for all ages! 329 James H. Phillips Drive, Clinton. Contact them at 270-628-5458.

DIABETES & NUTRITION EDUCATION

Purchase District Health Department – offers Healthy Living with Diabetes classes in fall and spring. Accredited with American Association of Diabetes Educators. For class schedule and more information, contact 270-444-9625, ext. 107.

DIABETES SIGNS AND SYMPTOMS

Diabetes is an epidemic affecting 1 in 4 Americans. Some risk factors include family history, being overweight and inactive and gestational diabetes.

Symptoms of diabetes can many times go unnoticed. Watch for:
- increased thirst and hunger
- unexplained tiredness,
- going to the bathroom often
- sores that won’t heal
- tingling/numbness in hands and feet.
- Blurry eyesight

See your healthcare provider if you have concerns.
Marshall County Cooperative Extension Service offers recipes, healthy lifestyle information and a variety of life skills classes and activities for the whole family. Contact them at (270) 527-3285.

Marshall County Health Department provides various community resources and services. Individual Nutrition Visits with Registered Dietitian. Call 270-527-1496 for more information/to schedule an appointment. www.MarshallCoHealthDepartment.com

Marshall County Hospital Wound Clinic treats all wounds but specializes in slow or difficult to heal wounds. Patients can self-refer or have Healthcare Provider refer. Will see patients from surrounding counties. Contact: 270-906-9975 for more information.

WHY ATTEND DIABETES EDUCATION CLASSES?
Diabetes Education classes teach you how to manage your blood sugar, blood pressure, and cholesterol. Diabetes Educators can help you learn ways to reduce your risk for complications and support you in your diabetes management.

When do you need to see a diabetes educator?
• Newly diagnosed
• Annually
• Complications
• Changes in doctors
• Change in Medications

Want to learn more? Contact one of the diabetes education providers in this resource!

“.. it was a lifesaver!”  “It is a disease, but you can take control of it with knowledge, and I’m not scared about it now that I understand it.”

- Linda, class participant
What is Neuropathy?

A loss of feeling or numbness in limbs caused by nerve damage that most commonly begins in the hands or feet. Peripheral Neuropathy is a major contributor to 90% of all foot ulcers.

Symptoms

- Gradual onset of numbness and tingling
- Burning or electric-like pain
- Extreme sensitivity to touch
- Sensation that feels like wearing gloves or socks

Have Regular Checkups

Foot problems develop quickly, so it is important to see your healthcare provider annually. Regular checkups are vital to help track blood flow and feeling in feet.

Get Regular Exercise

It improves blood flow while increasing foot flexibility and strength. Gentle exercise like walking or riding a stationary bicycle is best.

Recommendation:

☐ Referral to Wound Center
☐ Contact your Physician or Podiatrist

For more information, please call:

270.906.9975

615 Old Symsonia Road
Benton, KY 42025
www.marshallcountyhospital.org
Baptist Health provides Diabetes Education with Doctor referral. Call 1-270-575-2282 for more information and to sign up.

Kentucky Care provides individual nutrition and diabetes education with MD referral. Call 270-349-6208 for appointment.

Purchase District Health Department has Healthy Living with Diabetes classes in fall and spring. Accredited with American Association of Diabetes Educators. For class schedule and more information, contact 270-444-9625, ext. 107.

Baptist Health will accept with an MD referral and will accept Medicaid. Call 1-270-575-2662, extension 2639 for appointment and details.

Cheri Ford, RD, LD, CDE, accepts private and Medicare insurance. Call 270-205-0562. Primary Care Provider can fax referral to 1-866-729-0453.

Kentucky Care - Provides individual nutrition and diabetes education with MD referral. Will accept Medicaid, insured and uninsured (sliding scale). For an appointment, call 270-349-6208. Multiple locations available:
   Paducah: 125 S. 20th St., Paducah, KY 42001 (Kentucky Ave.)
   Paducah: 3240 Irvin Cobb Drive, Paducah, KY (Southside)
DID YOU KNOW?

9 OUT OF 10 people with prediabetes do not know they have it.

2 Hour Session
which includes a HOT STONE massage, scalp massage, YL Oils, Heat Packs
an ION Foot Detox with Reflexology
and steamed peppermint towels.
$109 (reg. price $135)

BAPTIST HEALTH®
PADUCAH
LIFE WITH DIABETES EDUCATION CLASSES
CERTIFIED DIABETES EDUCATOR
270-575-2282
PRESCRIPTION AND MEDICAL EQUIPMENT

Davis Drugs offers pharmacy, durable medical equipment, home health aids, vaccinations and friendly customer service with a smile! Located at 250 Lone Oak Road, Paducah, KY, ph 270-442-1442.

Medcare Home Medical offers medical equipment and diabetic shoes, 2800 Clark Street, 270-448-2273.

PRESCRIPTION AND MEDICAL NEEDS ASSISTANCE

Heart USA - part of the Prescription Assistance Program, volunteers can help complete forms necessary for medication assistance and durable medical equipment. Serves all counties. Open Monday – Friday behind Lourdes Hospital Hospice Building. Call before you come. 270-538-5820.

LEARN TIPS TO REDUCE YOUR RISK FOR DIABETES COMPLICATIONS

Stay active  
Take your medications  
Quit smoking
**DIABETES EVENTS**

**Diabetes Expo** - Usually the 4th Saturday in October in Paducah. Free event for community with information booths, free health screenings and special speaker. Contact 270-444-9625, ext. 107 for more information.

**JDRF Walk to Cure Diabetes** Noble Park, Paducah; August 24th. Teams & Individuals can register at www.jdrf.org.

**VETERAN’S PROGRAM**

See Graves County.
BUILDING A DIABETES DISASTER SUPPLY KIT
Supplies should last for 2 weeks

Basic Supplies
☐ Water
☐ Food
☐ First Aid supplies
☐ Clothing and bedding
☐ Battery powered weather radio & flashlight
☐ Extra batteries
☐ Important documents
☐ Cash/Credit Cards

Diabetes Supplies
☐ Fanny pack for medications/testing supplies — insulated bag (if no refrigerator available)
☐ Blood glucose meter with extra lancets and test strips
☐ Medications including insulin/supplies in original containers or the prescriptions.
☐ Glucagon Emergency Kit
☐ Foods to treat hypoglycemia — Glucose tabs/gels, juice, hard candies, regular sodas
☐ Comfortable footwear
Additional Resources

ARE YOU AT RISK FOR TYPE 2 DIABETES?

1. How old are you?  
   - Less than 40 years (0 points)  
   - 40–49 years (1 point)  
   - 50–59 years (2 points)  
   - 60 years or older (3 points)

2. Are you a man or a woman?  
   - Man (1 point)  
   - Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?  
   - Yes (1 point)  
   - No (0 points)

4. Do you have a mother, father, sister or brother with diabetes?  
   - Yes (1 point)  
   - No (0 points)

5. Have you ever been diagnosed with high blood pressure?  
   - Yes (1 point)  
   - No (0 points)

6. Are you physically active?  
   - Yes (0 points)  
   - No (1 point)

7. What is your weight category?  
   - See chart at right.

WRITE YOUR SCORE IN THE BOX.

<table>
<thead>
<tr>
<th>Height (in)</th>
<th>Weight (lbs.)</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>4’ 10”</td>
<td>119–142</td>
<td>191+</td>
</tr>
<tr>
<td>4’ 11”</td>
<td>124–147</td>
<td>198+</td>
</tr>
<tr>
<td>5’ 0”</td>
<td>128–152</td>
<td>204+</td>
</tr>
<tr>
<td>5’ 1”</td>
<td>132–157</td>
<td>211+</td>
</tr>
<tr>
<td>5’ 2”</td>
<td>136–163</td>
<td>218+</td>
</tr>
<tr>
<td>5’ 3”</td>
<td>141–168</td>
<td>225+</td>
</tr>
<tr>
<td>5’ 4”</td>
<td>145–173</td>
<td>232+</td>
</tr>
<tr>
<td>5’ 5”</td>
<td>150–179</td>
<td>240+</td>
</tr>
<tr>
<td>5’ 6”</td>
<td>155–185</td>
<td>247+</td>
</tr>
<tr>
<td>5’ 7”</td>
<td>159–190</td>
<td>255+</td>
</tr>
<tr>
<td>5’ 8”</td>
<td>164–196</td>
<td>262+</td>
</tr>
<tr>
<td>5’ 9”</td>
<td>169–202</td>
<td>270+</td>
</tr>
<tr>
<td>5’ 10”</td>
<td>174–208</td>
<td>278+</td>
</tr>
<tr>
<td>5’ 11”</td>
<td>179–214</td>
<td>286+</td>
</tr>
<tr>
<td>6’ 0”</td>
<td>184–220</td>
<td>294+</td>
</tr>
<tr>
<td>6’ 1”</td>
<td>189–226</td>
<td>302+</td>
</tr>
<tr>
<td>6’ 2”</td>
<td>194–232</td>
<td>311+</td>
</tr>
<tr>
<td>6’ 3”</td>
<td>200–239</td>
<td>319+</td>
</tr>
<tr>
<td>6’ 4”</td>
<td>205–245</td>
<td>328+</td>
</tr>
</tbody>
</table>

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).

ADD UP YOUR SCORE.

<table>
<thead>
<tr>
<th>1 point</th>
<th>2 points</th>
<th>3 points</th>
</tr>
</thead>
<tbody>
<tr>
<td>If you weigh less than the amount in the left column: 0 points</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Adapted from Bang et al., Ann Intern Med 151:775–783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

The good news is you can manage your risk for type 2 diabetes. Small steps make a big difference in helping you live a longer, healthier life.

For more information, visit us at diabetes.org/risktest or call 1-800-DIABETES (800-342-2383).
Aetna Better Health of Kentucky  
1-855-300-5528 (TTY 711) or TDD: 1-800-627-4702  
www.aetnabetterhealth.com/kentucky

Anthem Medicaid  
1-855-690-7784 (TTY 711) | https://mss.anthem.com/ky

Humana Caresource® proudly serves Kentucky Medicaid members in the Commonwealth

Passport Health Plan  
Diabetes Support program for members 1-877-903-0082  
www.passorthealthplan.com

Wellcare  
1-877-389-9457 (TTY 1-877-247-6272)  
Care/disease management programs, Healthy rewards program, and the new Wellcare Works program.  
www.wellcare.com/Kentucky

American Diabetes Association  
diabetes risk test, information on managing diabetes with sample menus and resources.  
www.diabetes.org

Need a Diabetes Resource?  
Kentucky Diabetes Resource Directory  
https://prd.chfs.ky.gov/KYDiabetesResources/
ABOUT US

Four Rivers Clinical Research, Inc. was founded in 1994 and is based in Paducah, Ky. Our mission is to perform state of the art clinical research with the highest levels of excellence and integrity. In doing so, we will contribute to the development of novel, safe and effective therapies which will advance the quality of patient care in our region and beyond.

Do you, or does someone you love, suffer from Diabetes?

Participants in our studies may:

- Receive high quality study-related medical care at no cost
- Participate in studies that utilize new investigational treatment therapies
- Help advance science, which in turn will help countless others with the same illness

“The staff are extremely friendly and have become like family, so I always look forward to my visits.”
-Steve B., Murray, KY

Lourdes Medical Pavilion
225 Medical Center Dr.
Suite 305
Paducah, KY 42003

We know you are looking for answers.
We are too.

www.fourriversresearch.com
18th Annual

McCracken County Extension Office,
2025 New Holt Road, Paducah

SCHEDULED SPEAKERS:
Dr. Michael Watson, DO
Dr. Laurie Bellew

FOR MORE INFORMATION:
DEANNA LEONARD 270-444-9625 X 107
OR DLEONARD@PURCHASEHEALTH.ORG

FREE ADMISSION,
HEALTH SCREENINGS,
INFORMATION AND RECIPES!