

Personalized Home Health Care

Diabetes is an epidemic in Nebraska, with more than 145,000 residents—greater than 1 out of 10—diagnosed with the disease and facing its devastating consequences. An additional 44,000 have the disease, but don't know it, greatly increasing their health risks. More than 11,000 Nebraskans are diagnosed every year.*

Diabetes increases the risk for many serious medical conditions, including heart disease, stroke and death. It is the leading cause of blindness, kidney failure and lower limb amputations across the state. These life-limiting conditions require significant medical care and ongoing support. That's where Eventide can help.

Home Health Helps with:

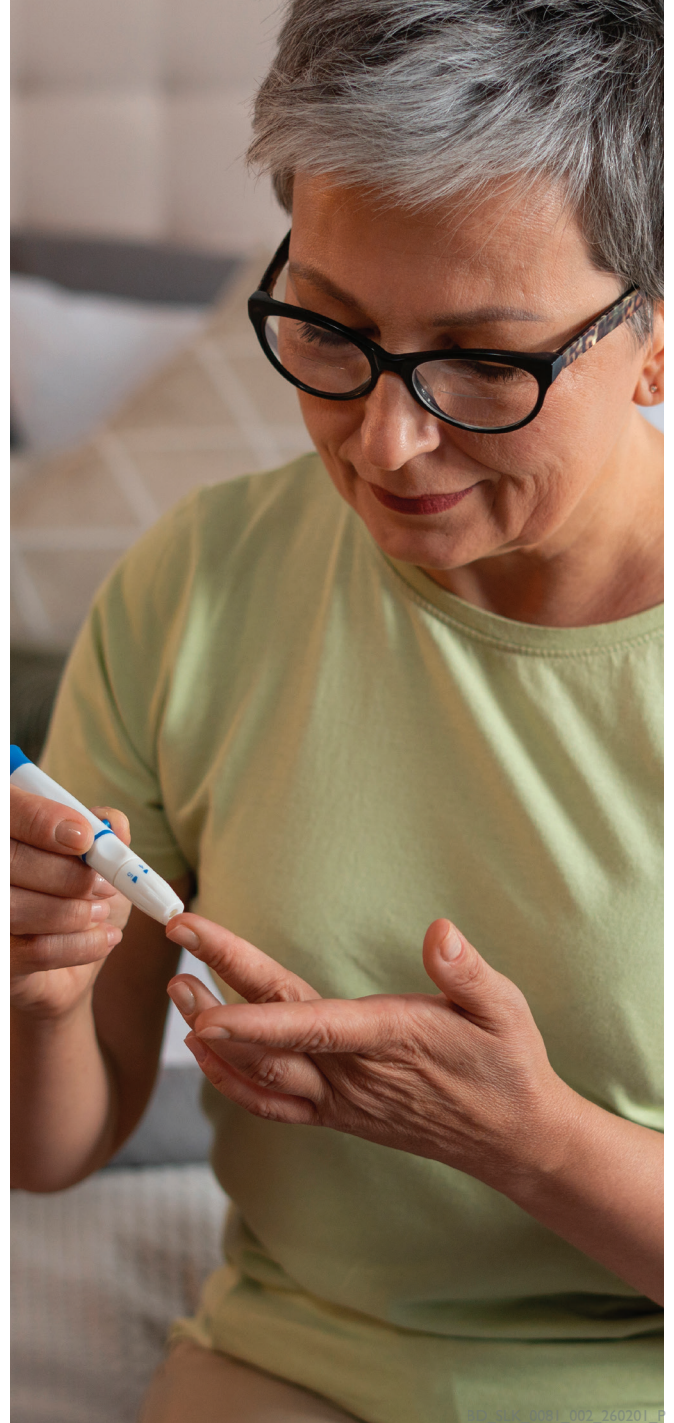
- > Medication management
- > Observation of current management ability
- > Insulin administration and instructions on injections
- > Instruction on glucometer use and dealing with hyper and hypoglycemic episodes

Annie's Home Health Story

With her family history of diabetes—both her mother and grandmother were diabetic—Annie knew to be on the lookout for telltale signs of the disease. So after gaining weight, when her feet began to swell and her skin became itchy, she called her doctor, who diagnosed her with Type 2 diabetes.

Annie quickly felt overwhelmed with adjusting to life as a diabetic. Despite her doctor's instructions, she struggled with giving herself insulin and checking her blood sugar. Annie's doctor recommended she try home health.

Her home health care team not only taught Annie how to manage her condition, they also stressed the importance of a healthy diet and helped her develop a home exercise plan. With her hard work, Annie has lost a considerable amount of weight and is now flourishing.



**Source: American Diabetes Association*