



Brownsville Man on Board with Lifestyle Changes

After watching several relatives deteriorate from chronic health conditions, Richard Headley was determined not to let history repeat itself. When his A1C test indicated diabetes, he was ready to make changes. Medications helped some, but it was adopting the new habits he learned about in classes that made the real dent in his A1C.

[Read the Full Story](#)



“The classes were really helpful. We learned what we could eat and what we shouldn’t, and what happens to blood sugar when we eat the wrong things.”

– Richard Headley



Foot Care Starts With Good Shoes for Diabetes Patients

By Jennifer Sylvester, BSN, CDE

Who doesn’t have fond childhood memories of going barefoot all summer? For a person with diabetes, however, going barefoot or wearing poor fitting shoes is a bad idea. Learn why good shoes are so important and what to look for when you’re shoe shopping.

[Get Buying Tips](#)



Heart Disease & Diabetes: Do You Know Your Risk?

By Brooke Duncan, Dietitian

Blood sugar, insulin and glucose monitoring are all words that come to mind when thinking about diabetes – but with 68% of diabetes patients over the age of 65 succumbing to heart disease, it’s important to start thinking about your heart!

[Understand the Connection](#)



Is There a “Magic Pill” for Better Health?

By Jonathan Wymore, RD

What if something out there could help you simultaneously lower your weight, blood sugar, blood pressure and cholesterol? What if it also helped you sleep better, improved your memory, increased self-esteem, and gave you more energy while reducing your stress, anxiety and depression? What if it could even reverse diabetes and heart disease and lower your cancer risk? Would you take it?

Well look no further, your magic pill is here!

[Can You Guess the Magic Pill?](#)

Save the Date!

[Diabetes Empowerment Day at the Coast](#)

Enjoy inspirational stories to get you recharged and motivated to make positive choices. Try tasty treats that are easy to prepare and won’t sabotage your best intentions during the upcoming holiday season. Register by October 18.

Saturday, November 2, 2019, 11 a.m. - 3:30 p.m.
Center for Health Education - 740 SW Ninth Street, Newport

Light & Fluffy Paleo Banana Nut Muffins

Moist and delicious, these muffins offer a healthy way to start your day. Unlike many healthy baked-good recipes, they bake up light and fluffy instead of flat and dense. This easy one-bowl recipe is a keeper you’re sure to make again!

[Try the Recipe](#)



Find a Diabetes Education Team & Classes Near You

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