



Bermuda Hospitals Board

MEDIA RELEASE

November is Diabetes and Chronic Lung Disease Awareness Month Bermuda Hospitals Board hosts two free public events

(Hamilton, Bermuda – Wednesday 7 November 2018) Bermuda Hospitals Board is celebrating World Diabetes Day and World COPD Day, which both fall on Wednesday 14 November, with two free events for the public.

Free health screenings for blood sugar and blood pressure levels, as well as lung function testing for smokers or former heavy smokers over the age of 40, will take place in the King Edward VII Memorial Hospital (KEMH) General Wing lobby from 10am to 1pm.

“Chronic obstructive pulmonary disease, or COPD, is characterised by shortness of breath and difficulty breathing,” said BHB asthma nurse educator Debbie Barboza. “People often do not realise they have the condition and believe it’s a sign of them aging. But if you are over 40 and smoke or used to smoke, you could have COPD. While it is not curable, we can teach you how to stop the disease progressing and how to manage your condition.”

A simple non-invasive breath test is the screening test for COPD and will be offered in the free screening session on Wednesday 14 November.

The public can also learn the science of body weight when BHB locum endocrinologist Dr Amy Freeth delivers her talk: *The Dilemma of Weight Loss*.

“I’ll explain the science of how we gain weight, and why losing and maintaining weight can be a real challenge,” said Dr Freeth. “I’ll also discuss how medications, surgery, food and mindfulness practices can impact weight and overall health. After the talk attendees should better understand what they can do to become healthier and how their choices impact their health.”

All are invited to the free talk, which will take place on Wednesday 14 November from 6pm to 7pm in The Resource Centre located on the ground floor of the KEMH General Wing.

November is Diabetes and Chronic Lung Disease Awareness Month. Members of the community who have these conditions can work with BHB's Diabetes, Respiratory, Endocrine and Metabolism (DREAM) Centre team. The fully accredited team provides education, advice and counselling to help people successfully manage their conditions.

Located in the Fairview Court building on the Mid-Atlantic Wellness Institute campus, the team includes: diabetes nurse educators Jane Hope, Verna Eugene and Tammoi Simons; asthma nurse educator Debbie Barboza; clinical dietitians Jessika Quigley and Letitia Rabain; endocrinologist Dr Amy Freeth; and internist Dr Cathryn Siddle.

Anyone who would like more information on the free events or on DREAM Centre services can call 239-2027, or email diabetes.centre@bhb.bm, asthma.centre@bhb.bm or endocrinology@bhb.bm.