

HEALTHY WISDOM GREENVILLE RANCHERIA

NOVEMBER IS NATIONAL DIABETES MONTH

Diabetes is a serious, chronic condition, according to the American Diabetes Association (ADA), which is the seventh leading cause of death in the U.S. While diabetes is manageable, its complications can severely have an impact on daily living.

Make regular appointments with your health care team to be sure you're on track with your treatment plan and for help with new ideas and strategies, if needed. Whether you have been just diagnosed with diabetes or have had it for some time, meeting with a diabetes educator is a great way to get support and guidance, including how to:

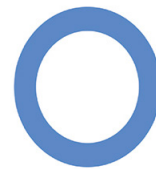
- **Develop and stick to a healthy eating and activity plan**
- **Test your blood sugar and keep a record of the results**
- **Recognize the signs of high or low blood sugar and what to do about it**

- **Keep up with medication management daily.**
- **Monitor your feet, skin, and eyes to catch problems early**
- **Manage stress and deal with daily diabetes care**

Healthy lifestyle habits are really important too:

- **Making healthy food choices**
- **Being physically active**
- **Controlling your blood pressure**
- **Controlling your cholesterol**

Unlike many health conditions, diabetes is managed mostly by you, with support from your health care team (including your Primary Care Provider, foot doctor, dentist, eye doctor, registered dietitian for nutrition therapy, diabetes educator, and pharmacist),



world diabetes day
14 November

family, teachers, and other important people in your life. Managing diabetes can be challenging, but remember everything you can do to improve your health is worth it!! Make Greenville Rancheria a part of your diabetes healthcare team!!

HEALTH PROGRAMS

FAMILY PRACTICE

PEDIATRICS

MEDICAL FACILITIES

DENTAL FACILITIES

MEDICAL TRANSPORT WITHIN PLUMAS

AND TEHAMA COUNTIES

COMMUNITY HEALTH REPRESENTATIVES

INDIAN CHILD WELFARE WORKER

DIABETES SERVICES

MENTAL HEALTH SERVICES

DRUG, ALCOHOL AND FAMILY COUNSELOR

ADDICTION AND MEDICATION-ASSISTED TREATMENT

8 SUB-SPECIALTIES:

WOMEN'S HEALTH, INTERNAL MEDICINE,

ORTHOPEDICS, PHYSICAL THERAPY,

PSYCHIATRY, CARDIOLOGY,

PULMONOLOGY AND PAIN MANAGEMENT

Se Habla Espanol

PARTICIPATING IN
COVERED CALIFORNIA
AND MEDI-CAL
MANAGED CARE

AS A COURTESY, WE
WILL BILL MOST INSURANCES

NATIVES
AND NON-NATIVES

Open for Walk-ins. 8am – 5pm.
Medical - Dental Monday - Saturday
8am-5pm

*Call clinics first to confirm hours of
operation due to the COVID-19 pandemic.
Now our Red Bluff and Greenville Dental
is open*

RED BLUFF *TRIBAL HEALTH CENTER 1425 MONTGOMERY ROAD 528-8600 - DENTAL CLINIC 343 OAK STREET 528-3488

GREENVILLE* MEDICAL CLINIC 284-6135 - DENTAL CLINIC 284-7045 410 MAIN STREET