



CALENDAR ANNOUNCEMENT

Diabetes Patient Speaks Out About Taking Control of the Disease

Who: **Rosie Jones** will be speaking at **Deep Creek High School** to share her personal experience with living with diabetes.

What: **Rosie Jones** is a member of the sanofi-aventis A1C Champions Program®, which is a patient led approach to diabetes education. A1C Champions® know first hand the challenges and obstacles to maintaining control of their diabetes. They share diabetes self-management and lifestyle strategies based on extensive training and their personal experience with diabetes.

Rosie will talk about topics including:

- Achieving good glucose control
- Learning about effective self management
- Developing a balanced, healthy lifestyle
- Planning and prioritizing diabetes management
- Overcoming fears surrounding diabetes
- Finding resources for diabetes support

Why: The Centers for Disease Control estimates that more than 20 million Americans have diabetes — six million of whom are unaware they have the disease. The American Diabetes Association recommends that, in general, people with diabetes should initially strive for an A1C (a test that assesses blood glucose levels over a two- to three-month period) that is less than 7%. Alarmingly, more than 50% of diabetes patients are not in control of the disease. Even worse, a 2005 survey commissioned by the American Association of Clinical Endocrinologists found that 84% of type 2 diabetes patients surveyed believed they were doing a good job controlling their blood sugar even though 61% went on to say they did not know what an A1C test is.

If you or someone you know is struggling with diabetes or has an A1C that is 7% or above, the A1C Champions® can provide motivation to take those first steps to a healthier life. Diabetes patients need to know they are not alone and there are people like Rosie who can help them along their journey with diabetes.

When: **Monday, April 12, 2010**
2:30pm

Where: **Deep Creek High School**
2900 Margaret Booker Drive,
Chesapeake, VA 23323

Contact: Jim Ward at 757-547-2142 or wardji@cps.k12.va.us

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Because health matters

JOIN US TO LEARN HOW YOU CAN LIVE A

HEALTHIER LIFE,

FROM A 'REAL PERSON' WITH DIABETES WHO HAS

'WALKED IN YOUR SHOES'.



You won't want to miss this special session.



"Taking Control"
with
Rosie Jones

"I have diabetes and I understand the challenges you face."

April 12 - 2:30 PM

Deep Creek High School
2900 Margaret Booker Drive
Chesapeake, VA 23323

Rosie Jones is an A1C Champion. She has diabetes and will share her personal experiences and helpful insights on successfully managing diabetes. If you haven't already, please take the first step toward living a healthier life.



"You are not alone on your journey with diabetes."

Call Jim Ward at 757-547-2142 with any questions.



Rosie Jones Mississippi



Rosie is a different person today, inside and out, than she was the day several years back when she first learned she had Type 2 diabetes.

Back then, she weighed 437 pounds. “And that was a big problem,” she says. Even though other members of her family were already suffering with diabetes, Rosie says she still was in disbelief.

Then she did something that she says made all the difference: she listened to her doctor. “He said I needed to lose weight and start exercising,” she recalls. And Rosie did it. Today, she is 191 pounds lighter --- and counting. She carefully plans her meals, exercises daily and takes her medication as directed. “I now know there are a lot of things I can do to manage my diabetes,” she says. “I’m determined to control it, and not let it control me.”

A native of Memphis, Rosie is a stay-at-home mom with three children. As outgoing as she is determined, she is a frequent volunteer who enjoys helping others. She also likes to give back, which is why she became interested in the A1C Champion® program. “I would like to help others get their diabetes under control, just as others have helped me,” she says. Rosie completed her training and became an A1C Champion® in June 2007.

Rosie encourages others who are struggling with diabetes to learn as much as they can about the disease, listen to their health care providers and take their medications and insulin as they’re told.

“People sometimes wonder how I can live with diabetes and still be happy,” she says. “But life is sweet, no matter what. It’s important for me to be here to help others, and that is strong motivation for me to stay healthy.”