



OUR COMMITMENT TO HELPING YOU

Live Your Healthiest Life

At Carroll Hospital, we are determined to keep you—our friends, our neighbors, our family—as healthy as we can. That is why we worked hard in 2017 to bring more than \$15 million in much-needed health and wellness services to you and all of Carroll County. Every life we touch makes our entire community stronger.

FINANCIAL ASSISTANCE

Free or Reduced-Cost Care, Medicaid Expansion Fees\$ 1,691,272

MISSION-DRIVEN HEALTH SERVICES

Physician Access, Hospital-Based Services\$ 8,855,881
 Access Carroll, Free Clinic for the Uninsured.....\$ 416,193
 Community Benefit Operations\$ 191,880

COMMUNITY HEALTH SERVICES

Education, Screenings, Support Groups,
 Health Navigation, Medicaid Enrollment Support.....\$ 2,957,698

COMMUNITY BUILDING ACTIVITIES

The Partnership for a Healthier Carroll County, Inc.\$ 578,904

EDUCATION—HEALTH PROFESSIONALS

Nurses, Physicians, Allied Health\$ 543,993

COMMUNITY CONTRIBUTIONS

Cash and In-Kind\$ 235,168

RESEARCH

Community Health Research\$ 163,759

TOTAL COMMUNITY BENEFIT \$15,634,748

GO TO CARROLLHOSPITALCENTER.ORG/COMMUNITY-BENEFIT



to learn more about the work we're doing.

SPOTLIGHT: PREDIABETES EDUCATION

Reversing the Trend on a Growing—But Silent—Health Challenge

Here's a wake-up call: at least one out of every three American adults has prediabetes. And most of them don't even know it.

"As you get older, your risk for prediabetes and diabetes dramatically increases, regardless of how healthy you are," explains Pam Xenakis, a registered dietitian and certified diabetes educator with Carroll Hospital's Diabetes Program. "I've had patients who go to the gym six times a week. I had one patient who weighed a perfectly healthy 117 pounds. They were all shocked to find out they were prediabetic."

In fact, research shows that a stunning 90 percent of all prediabetes patients don't know they have the condition, largely because it presents no symptoms. (A glucose screening, typically performed in an annual check-up's lab work, is often the only way to detect it.)

Now the diabetes team at Carroll Hospital is determined to change that with a series of programs aimed at boosting prediabetes awareness and prevention in the community.

The first is Prediabetes 101, a free one-hour workshop in which participants learn what prediabetes is, how to get diagnosed and what they can do to reverse it.

"A lot of people think they have to lose 50 pounds to address the issue. Often, that's not true," says Xenakis. "Many people can get far with just 30 minutes of walking a day and eating a little less than before."

This spring, the diabetes team will launch Carroll's "Cooking for Wellness", a cooking class series designed to help participants build the kitchen skills they need to make healthy dietary changes. And, later this year, the team plans to roll out mobile glucose screenings in partnership with organizations and churches around the community.

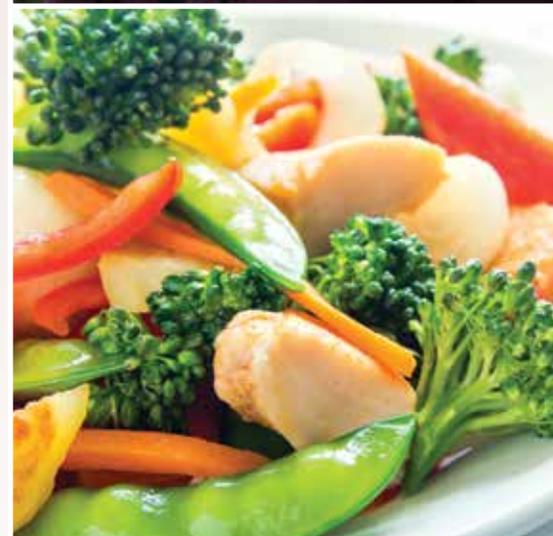
"We want to do more, but we need to increase awareness first," says Xenakis. "As you age, it's very easy for prediabetes to creep up on you. It's something that needs to be on every older adult's radar."

WHAT IS PREDIABETES?

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not yet high enough to be diagnosed as Type 2 diabetes. If unchecked, 15 to 30 percent of all cases will advance to Type 2 diabetes in five years. But with proper lifestyle changes, it's often reversible.



Pam Xenakis, R.D., C.D.E.



Join us for a FREE Prediabetes 101 Class

Tuesday, May 8 | 6 p.m. | Shauck Auditorium

Tuesday, May 22 | 6 p.m. | Mt. Airy Health & Wellness Pavilion

Registration required. Call Care Connect at 410-871-7000 for more information or to register.