

June 2011

Arlington Free Clinic Patient Newsletter



Happy Father's Day—June 19!

Warning Signs of High Blood Sugar

The following are signs of high blood sugar:

- ⇒ Increased thirst and urination
- ⇒ Large amounts of sugar in the blood
- ⇒ Weakness, pains in stomach, aching all over
- ⇒ Heavy, labored breathing
- ⇒ Loss of appetite, nausea and vomiting
- ⇒ Fatigue

What to do:

- ⇒ Tell your medical provider
- ⇒ Take fluids without sugar if able to swallow
- ⇒ Test blood sugar frequently

Causes:

- ⇒ Not enough insulin
- ⇒ Too much food
- ⇒ Infection, fever, illness
- ⇒ Emotional stress



AFC RULE REMINDER

People leaving the country for more than 60 days are considered to be visitors to the United States, and are thus not eligible to be patients at Arlington Free Clinic. If you are a current patient and leave the U.S. for more than 60 days in one year you will be required to go through the lottery to be readmitted as a patient!

Funny stuff

Who's the Boss?

While having dinner, a little girl looked up at her father and asked, "Daddy, you're the boss in our family, right?" The father was very pleased to hear it and confidently replied, "Yes my little princess." The girl then continued, "That's because mommy put you in charge, right?"



"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken."

James Dent

Introducing Carol

Carol is one of the nurses at Arlington Free Clinic. Prior to joining the AFC staff in December of 2008, Carol was a school nurse. Her special interest in health care is diabetes treatment and education.

Carol is married and has two sons. She is an avid horseback rider and does "endurance riding" (riding more than 25 miles time on horseback!). She also enjoys reading and traveling.



Thank you, Carol, for all you do for AFC patients!