



Charlie Crist
Governor

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State Surgeon General

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BFIT-BWISE About Your Health

Bay County - The Community Health Task Force and numerous community partners are holding the first *BFIT-BWISE About Your Health* expo on November 4, 2010, from 2 - 6pm at the Lynn Haven Community Center, 2201 Recreation Drive, Lynn Haven. The First Annual Diabetes Awareness Walk will begin at 6:00 p.m., following the Expo.

Did you know?

- In Bay County, the number of hospitalizations from coronary heart disease, stroke, and congestive heart failure are higher than the Florida state rate.
- Deaths from chronic lower respiratory disease rank our county among the highest in the state.
- Over 12,500 adults are diagnosed with diabetes in Bay County.
- It is estimated that more than 12,000 adults have diabetes but are undiagnosed.

Many people with diabetes go undiagnosed because they experience no symptoms or don't associate symptoms with diabetes. According to the American Diabetes Association, if a person experiences one or more of the following symptoms they should be evaluated for diabetes.

- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections
- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and Irritability

The *BFIT-BWise About Your Health* Expo will provide free screenings to create your individual Personal Wellness Profile. The health screenings will be from 2:00 p.m. to 6:00 p.m. and will include screenings for vision, hearing, cholesterol, high blood pressure, blood sugar, oral cancer,



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skin cancer and more. Many health problems can be minimized or controlled through early detection and early intervention. The Expo will also feature educational presentations by physicians and other health professionals on topics such as dental health, diabetes and cardiovascular risks, cancer treatment, and neuropathy. A healthy cooking demonstration will also be part of the event.

The screenings and walk are free. The first 500 walkers to register will receive a free t-shirt. Take advantage of this opportunity to *BFIT and BWISE About Your Health*. For more information, please contact Connie Kelly, 850-872-4455 ext. 1344 or visit the Bay County Health Department website at www.baycountyhealth.org.

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