

Sara Manages her Diabetes with VHC's Help!

"Sara" first came to the Volunteer Healthcare Clinic (VHC) in 2014 to learn about Seton's Big Pink Bus that was parked right outside. She had never heard about VHC and decided to drop in and ask about the bus and our services. A staff member talked to her and advised her to return to one of our walk in clinics to get her breast lump examined. Her mammogram was deemed normal and Sara continued to come to VHC as needed as she had no health insurance.

A year later Sara returned due to some fatigue and a lab test detected that Sara had hypothyroidism; she was quickly started on a medication regimen to address this. Then in March of 2017, Sara began having symptoms of diabetes such as dry mouth and excessive thirst and she again sought help at VHC. Her fasting glucose that night was a whopping 538. She was advised to go to the ER for treatment as her blood glucose was dangerously high. The hospital gave her a shot of insulin and told her to return to her health care provider for continued treatment.

Two days after being discharged from the ER, Sara returned to VHC and was referred to our Chronic Disease Management Program (CDM). Since being enrolled in our CDM program Sara's hemoglobin A1C (*a blood test that measures the average amount of sugar in the blood over a 3 month period*) has dropped from 11.6 to 7.8. This is nearly a 4 point drop which means she has significantly lowered her risk of complications from diabetes such as eye disease, nerve damage, heart attack, stroke and kidney disease. Sara is successfully managing her diabetes and has this to say about the help she has received from VHC.

"VHC has helped me and I believe the Hispanic Community so much. I'm very grateful for the care that has been provided to me. I was referred to the ER on my daughter's birthday last year in March. The hour long visit to the ER cost me approximately \$2,500 dollars. Being in your CDM program has allowed me to continue to be treated for my diabetes. I am almost done paying my debt to the hospital...I wouldn't be able to afford medical visits too. I'm feeling good and that is thanks to VHC".