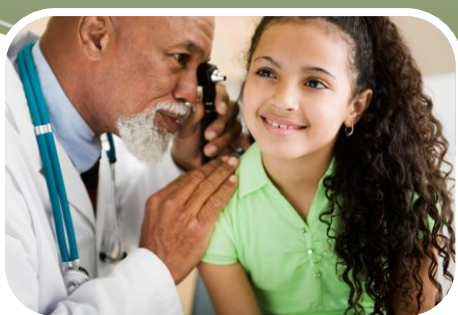


Monitoring your blood sugar, blood pressure, and cholesterol can make you healthier and happier.

In the Dixon area, there are places that will help you monitor your blood sugar, blood pressure, and cholesterol at little to no cost to you!

Listed in the middle of this pamphlet are the reasons you need to monitor for these conditions and where you can go to do this between visits to the doctor, if you cannot do it at home. Addresses and phone numbers are listed on the back.

Always consult with your doctor before starting any monitoring regimen.



ADDRESSES AND PHONE NUMBERS:

Synders Pharmacy:
301 N. Galena Ave., Dixon, IL
(815) 284-8000

Walgreens Pharmacy:
1275 N Galena Ave., Dixon, IL
(815) 288-7844

Walmart:
1640 S. Galena Ave., Dixon, IL
(815) 288-7797

KSB Center for Diabetes Management:
Commerce Towers
215 E. First St., Suite 100, Dixon, IL
(815) 285-5973

KSB Town Square Center:
102 S. Hennepin Ave., Dixon, IL
(815) 288-7711

Lee County Senior Citizen Center:
100 W. Second St., Dixon, IL
(815) 288-9236

Lee County Health Department:
309 S. Galena Ave., Suite 100, Dixon, IL
(815) 284-3371

Shopko Pharmacy:
1350 N Galena Ave., Dixon, IL
(815) 284-4127

Countryside Manor:
625 Countryside Lane, Dixon, IL
(815) 288-6444



Blood Pressure, Blood Sugar, & Cholesterol

What you need to know &
where you can get checked
Dixon, Illinois

Blood Sugar

In diabetes, the body is either not making insulin (Type I) or is unresponsive to it (Type II). Insulin helps your body keep your blood sugar in a safe range after you have eaten. Both types of diabetes result in high blood sugar. Doctors recommend checking your blood sugar regularly to adjust your lifestyle and medications so your body keeps working properly. Not controlling your diabetes can lead to serious complications such as heart disease, vision loss, kidney and nerve damage, and can lead to amputations. So where can you go to check your blood sugar?

- Lee County Senior Citizens Center: Please call for a schedule of times.
- Lee County Health Department: 4th Wednesday of every month. 8am. Combined with a cholesterol test. \$20 total.
- KSB Center for Diabetes Management: 1st Tuesday of every month. 8-9am. Free. Please call for an appointment.

Blood Pressure

High blood pressure is a major cause of heart attack and stroke. It can damage your kidneys, heart, blood vessels, and other parts of your body. There may not be any signs indicating that your blood pressure is high, but some people may experience fatigue or headaches. If you are diagnosed with high blood pressure, it is important to check your blood pressure regularly. Your physician can help determine how often you need to monitor your blood pressure. Following a healthy diet, exercising, reducing salt intake, and taking medications can lower your blood pressure. So where can you go to check your blood pressure?

- Snyder's, Walmart, and Shopko in Dixon: machine BP checks. Free.
- Walgreens: both machine and manual checks. Free.
- Lee County Senior Citizens Center: 3rd Monday of every month. Free.
- Lee County Health Department: Free blood pressure checks within the community. Call for times and locations.
- Mercy Nursing at Countryside Manor: 12:15-1:15pm. Free.
- KSB Town Square Center: Wednesdays, 1-3pm. Free.

Cholesterol

Cholesterol is a fat-like substance that the body makes and is also found in certain foods such as eggs and butter. The body does need some cholesterol, but too much cholesterol can cause health problems. If you have too much cholesterol, it can build up in your blood vessels and block blood from getting to the rest of your body. This can lead to a heart attack or a stroke. High cholesterol can be genetic, but most often is caused by a poor diet. A healthy diet, exercise, and cholesterol medication can lower your cholesterol levels and reduce your chance of a heart attack and stroke. So where can you go to check your cholesterol?

- Lee County Health Department: 4th Wednesday of every month. 8am. Combined with blood sugar screening. \$20 total.