

TADISO TIMES

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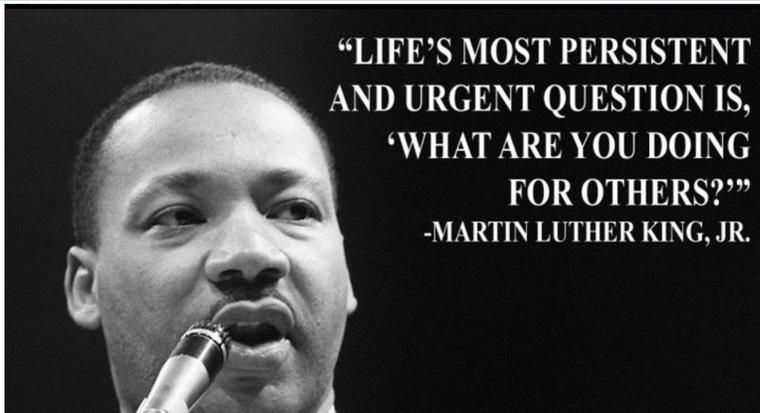
IMPORTANT NEWS HOLIDAYS

Tadiso will observe Martin Luther King Day on January 21, 2019. The clinic will be open from 6am until 1:45pm.

Leave your home early to prevent stress and fear of missing dosing.

Winter Wonderland or Nightmare for Patients

Worried about the snow and ice preventing you from getting your medication? Plan now. During your next counseling or medical appointment, ask to update your phone number. We may need to contact you if the clinic is closing. Also, Tadiso will contact KDKA and WPXI news stations to inform them of any weather delays or closings.



**“LIFE’S MOST PERSISTENT
AND URGENT QUESTION IS,
‘WHAT ARE YOU DOING
FOR OTHERS?’”
-MARTIN LUTHER KING, JR.**

A LITTLE BIT OF HISTORY

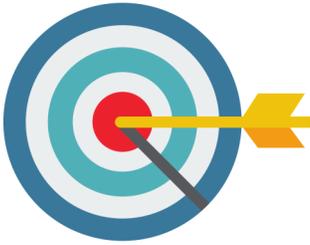
Martin Luther King Jr., Day is an American federal holiday marking the birthday of Martin Luther King, Jr. It is observed on the third Monday of January each year, which is around the time of King's birthday, January 15. King was the chief spokesman for nonviolent activism in the civil rights movement, which successfully protested racial discrimination in federal and state law.

The campaign for a federal holiday in King's honor began soon after his assassination in 1968. United States Representative John Conyers (a Democrat from Michigan) and United States Senator Edward Brooke (a Republican from Massachusetts) introduced a bill in Congress to make King's birthday a national holiday. The bill first came to a vote in the U.S. House of Representatives in 1979. However, it fell five votes short of the number needed for passage. Two of the main arguments mentioned by opponents were that a paid holiday for federal employees would be too expensive, and that a holiday to honor a private citizen would be contrary to longstanding tradition, because King had never held public office.

At the White House Rose Garden on November 2, 1983, President Ronald Reagan signed a bill, proposed by Representative Katie Hall of Indiana, creating a federal holiday to honor King. It was observed for the first time on January 20, 1986.

At first, some states resisted observing the holiday as such, giving it alternative names or combining it with other holidays. It was officially observed in all 50 states for the first time in the year 2000.

ALL ABOUT YOUR A1C



What has your blood sugar been up to lately? Get an A1C test to find out your average levels—important to know if you're at risk for prediabetes or type 2 diabetes, or if you're managing diabetes.

The A1C test—also known as the hemoglobin A1C or HbA1c test—is a simple blood test that measures your average blood sugar levels over the past 3 months. It's one of the commonly used tests to diagnose prediabetes and diabetes, and is also the main test to help you and your health care team manage your diabetes. Higher A1C levels are linked to diabetes complications, so reaching and maintaining your individual A1C goal is really important if you have diabetes.

What Does the A1C Test Measure?

When sugar enters your bloodstream, it attaches to hemoglobin, a protein in your red blood cells. Everybody has some sugar attached to their hemoglobin, but people with higher blood sugar levels have more. The A1C test measures the percentage of your red blood cells that have sugar-coated hemoglobin.

Who Should Get an A1C Test, and When?

Testing for diabetes or prediabetes:

Get a baseline A1C test if you're an adult over age 45—or if you're under 45, are overweight, and have one or more risk factors for prediabetes or type 2 diabetes:

If your result is normal but you're over 45, have risk factors, or have ever had gestational diabetes, repeat the A1C test every 3 years.

If your result shows you have prediabetes, talk to your doctor about taking steps now to improve your health and lower your risk for type 2 diabetes. Repeat the A1C test as often as your doctor recommends, usually every 1 to 2 years.

If you don't have symptoms but your result shows you have prediabetes or diabetes, get a second test on a different day to confirm the result.

If your test shows you have diabetes, ask your doctor to refer you to diabetes self-management education and support services so you can have the best start in managing your diabetes.

Managing diabetes:

If you have diabetes, get an A1C test at least twice a year, more often if your medicine changes or if you have other health conditions. Talk to your doctor about how often is right for you.

MEDICAL MARIJUANA REMINDER FOR TADISO PATIENTS

All patients with a medical marijuana certification must submit the original card from the state, to Tadisó's Medical Department.

This is a prescribed medication and should be treated like any other prescription.

HOWEVER, do not bring your medical marijuana to the clinic. Please leave it at home or another safe place. This is your responsibility.

HAPPY NEW YEAR!

With 2019 finally upon us, it is time for the New Year's Resolutions to begin. Accomplishing resolutions can create happier and healthier living! Below are some of the top achievable New Year's Resolutions.

- **Eat more citrus**
- **Eat veggies regularly**
- **Book all doctor's appointments for the year at once**
- **Focus on doing one thing at a time**
- **Sanitize your cell phone daily**
- **Explore new hobbies**
- **Write to yourself**
- **Give yourself more compliments**
- **Ensure you get enough sleep**
- **Don't be glued to your phone**