

The Basics of Diabetes...What Everyone Should Know

Workshop for Faculty, Staff, and Students

Are you concerned you could have or develop diabetes?

Do you have diabetes and want to learn more about it?

Are you interested in preventing the development of diabetes?

**Monday
November 4, 2013**

12:00 – 1:00 pm

**University Center
Ballroom Lounge**

Diabetes is a group of diseases characterized by high blood sugar levels that result from the body's inability to make and/or use adequate insulin. 25.8 million children and adults in the U.S. have diabetes. Steps can be taken to decrease the risk of development of type 2 diabetes as well as to decrease the risk of complications in those who already have diabetes.

Dr. Elizabeth Lamos, M.D. and Dr. Stephanie Stein, M.D., Assistant Professors of Medicine in the Division of Endocrinology, Diabetes, and Nutrition at the University of Maryland Medical Center will host this 1-hour session, during which you will learn about:

- The different types of diabetes.
- The symptoms of diabetes.
- How to get tested for diabetes.
- The risk factors for diabetes.
- How to prevent diabetes.
- The treatment of diabetes.
- The myths associated with diabetes.

About the instructors...

Dr. Elizabeth Lamos, M.D. and Dr. Stephanie Stein, M.D. both serve as Assistant Professors of Medicine in the Division of Endocrinology, Diabetes, and Nutrition at the University of Maryland Medical Center. They both see patients with diabetes and general endocrinology disorders including thyroid, calcium, and metabolic bone disorders such as osteoporosis.

Register on the web October 25th at: umbc.edu/training

Spaces are limited and pre-registration is required.