



Press Release

For Immediate Release

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Superior Home Care & Hospice Expands its Home Healthcare Offerings

Riverton, Utah, 11-Jul-2005 — Superior Home Care & Hospice has made a Diabetes Education program the latest addition to its expanding line of home healthcare services.

According to Certified Diabetic Instructor Esther Frescas, RN, "Diabetes is an extremely common ailment which can lead to a variety of serious medical complications. Further, these complications - along with diabetes itself - can reduce the quality of life for the individual and can cause premature death or disability. The good news, however, is that diabetes can be effectively managed, and with effective management serious complications can often be avoided."

The Diabetes Education program at Superior is a course in self-management of the ailment. The program features a Certified Diabetic Instructor, who will help identify specific circumstances and lifestyle choices that may undermine effective management of the disease. Specifically, the Diabetes Education program provides for the following services:

- An excellent overview of diabetes and how it affects the body,
- Design of an individualized plan of care that manages the illness through diet, exercise, self-monitoring and medication,
- Individualized recommendations for exercise and for maintenance of a healthy lifestyle,
- Instruction on blood sugar monitoring for better control of the disease,
- Guidance in minimizing and avoiding diabetes-related complications,
- Personalized meal plans which still include your favorite foods,
- Guidelines regarding healthy food choices when eating out or "on the go,"
- Help with motivation and the desire to make lifestyle changes,
- Explanation of factors that affect blood sugar levels, and
- Instruction in how to take care of yourself when you become ill.

"This is an exciting new program," said Sharon McLaughlin, RN, Director of Clinical Services at Superior. "Many of our patients have diabetes, and often they require additional services due to complications from the disease. If [Diabetes Education] helps prevent some of the complications, then we can help improve quality of life for our patients."

"The Diabetes Education program is an important addition," according to Marty Hoelscher, Administrator and CEO of Superior. "Over the last 18 months, we have dramatically expanded our services. We've added hospice and palliative care programs - including medical social work, chaplaincy, bereavement and physician services. We continue to feature home rehabilitation and specialized wound care as well. These programs allow us to better serve our patients and their families."

To learn more about Superior Home Care & Hospice visit our Web site at SuperiorHomeCare.com.