



FOR IMMEDIATE RELEASE

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PRESS RELEASE

Local HSHS hospitals offer special presenters at Diabetes Support Groups during Diabetes Awareness Month

BREESE, HIGHLAND & GREENVILLE, Ill. — With an estimated 37 million people living with diabetes in the U.S., according to the [Centers for Disease Control and Prevention](https://www.cdc.gov) (CDC), it is important that November is recognized as Diabetes Awareness Month.

To support those living with diabetes, the diabetes and nutrition services department at HSHS St. Joseph's Hospitals in Breese and Highland and HSHS Holy Family Hospital in Greenville hold monthly a Diabetes Support Group at each hospital. The Diabetes Support Group is open to those with diabetes as well as their family members and/or caregivers.

Managing and understanding diabetes can be a challenge, so this group provides tools and tips on how to handle the more complex and difficult tasks of diabetes in the context of real life. Those who attend receive support, knowledge and ideas.

In recognition of Diabetes Awareness Month, local HSHS hospitals will have special presenters at their support groups in November:

- **HSHS St. Joseph's Hospital Highland** – Dr. Mia Thouvenot, podiatry specialist, will present at the support group on Thursday, Nov. 2 at 4 p.m. in the Sullivan Conference Room,
- **HSHS St. Joseph's Hospital Breese** – Melanie Banal, APRN, podiatry, will present at the support group on Monday, Nov. 6 at 4 p.m. in the Heritage Room.
- **HSHS Holy Family Hospital** – Dr. Mia Thouvenot, podiatry specialist, will present at the support group on Tuesday, Nov. 7 at 4 p.m. in the Nutrition and Diabetes Classroom.

To register or for more information, contact Lisa Ketchem RN, diabetes patient educator, at 618-526-5743 or lisa.ketchem@hshs.org.

If you are unable to attend the in-person support group or would like an online resource, please join the Facebook group: [Diabetes Support Group: Bond, Madison and Clinton Counties](#).

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About Hospital Sisters Health System

Hospital Sisters Health System's (HSHS) mission is to reveal and embody Christ's healing love for all people through our high-quality Franciscan health care ministry. HSHS provides state-of-the-art health care to our patients and is dedicated to serving all people, especially the most vulnerable, at each of our physician practices and 15 local hospitals in two states – Illinois (Breese, Decatur, Effingham, Greenville, Highland, Litchfield, O'Fallon, Shelbyville and Springfield) and Wisconsin (Chippewa Falls, Eau Claire, Oconto Falls, Sheboygan and two in Green Bay). HSHS is sponsored by Hospital Sisters Ministries, and [Hospital Sisters of St. Francis](#) is the founding institute. For more information about HSHS, visit hshs.org. For more information about Hospital Sisters of St. Francis, visit hospitalsisters.org.