

# Mastering Diabetes

With Knowledge and Care



Join Aspirus Family Medicine Specialist Dr. Jill Pogorelec for an informative discussion on the risk factors and treatment options for diabetes.

According to the National Institute of Diabetes and Digestive and Kidney Diseases, more than 135 million people in the U.S. have diabetes or prediabetes. Of those adults, one in five did not even know they had the condition.

The good news is that Type 2 diabetes can be delayed or prevented in people with prediabetes or diabetes risk factors through effective lifestyle programs.

## Topics Covered:

- What is Type 2 Diabetes Mellitus and why it is important to treat
- Environmental and other risk factors that can impact Type 2 Diabetes
- Non-pharmaceutical treatment options
- Prescription options for Type 2 Diabetes



**Thursday, April 17, 2025 | 5:30 p.m. - 6:30 p.m.**

**Aspirus Divine Savior Hospital | Entrance A, Lower Level Conference Room A  
2817 New Pinery Road, Portage, WI**

**This is a free program.**

To register and secure your spot, call  
**608.745.3868**

Monday - Friday 8:00 a.m. - 4:30 p.m.



*Featuring:*  
**Jill Pogorelec, DO**  
Family Medicine,  
Aspirus Portage Clinic