

Don't Sugarcoat It!

The Truth About Diabetes

Thursday, September 12, 2019

11:30 a.m. – 1 p.m.

YWCA Laniākea – Elizabeth Fuller Hall

1040 Richards St. Honolulu, Hawai'i



Shelley K. Kikuchi, RPh, PharmD, BCACP
Kaiser Permanente
Director, Pharmacy Department

Diabetes is an epidemic in the United States. Here in Hawaii, 12% of our adult population is affected by this disease – which is higher than the national average. Without care, diabetes can lead to complications that include kidney failure, eye problems, nerve damage, heart disease and high blood pressure, stroke, and more.

The good news: you can take control of your diabetes! Although diabetes is a lifelong condition, you can live a full and healthy life. Please join us as Shelley Kikuchi, Director of Pharmacy at Kaiser Permanente, provides an introduction and path to better understand the prevention and treatment of diabetes.

\$18 admission includes a healthy lunch by Café Julia.

Seating is limited.

Register now at ywcaoahu.org/upcoming-events/diabetes

kp.org/hawaii