

Happy Thanksgiving

We are thankful for our patients

Call for an appointment today

Accepting New Patients
We Accept Most Insurances



Holly Allison Kiker, OD

ANSON FAMILY OPTOMETRIC, PLLC.

1134 Holly Street in Wadesboro (On Hwy 74 across from CVS)
Mon-Thurs 8:30-5 & Closed Fridays 704-694-3618



Church

NOVEMBER 23 Thanksgiving Meal

For Polkton community at Polkton Baptist Church, 305 West Polk St, 4:30-7pm. Free meal, no strings attached.

ONGOING Exercise, Exercise & More!

Free at Henderson Grove MBC in Lilesville, Mon & Thur evenings 6-7:30pm. Exercise ball, rubber band, hula hoop, walking, jogging & fun. Physical & mental health info. 704-848-4225

Fun for Seniors

Every 3rd Tuesday at Rock Hill MBC, 11am-1pm for 55 & older (exceptional adults too) are welcome

Bible Study

Wednesdays, 6:30pm at Forestville AME Zion Church

Sunday Night Service

At Lambs Ark of Refuge, 6pm. Located at 121-C Wortham St in Wadesboro (turn at Dollar General)

Service Times

Wadesboro Church of God. Sunday School 10am, morning worship 11am, Interspersed prayer 5:45pm, evening service 6pm

Events

DECEMBER 4 Free Vaccinations For Cats & Dogs

at the Anson County Animal Shelter, 9am-12 noon. Located at 7257 Hwy 74 in Polkton, at the entrance to the Field of Dreams. Info 704-994-2738 or mlett@ansoncountync.gov

DECEMBER 11 Christmas Community Outreach Event

Free household items & paper products as well as Christmas Bags for the youth. First come, first served basis. By Lamb of God Church, 10am at 118 West Wade St in Wadesboro. Info 843-623-3777

ONGOING EVENTS Family Caregiver Support Group

First Mondays, 7-8:30pm, Peachland United Methodist Church Fellowship Hall, anyone concerned with Alzheimer's disease is invited

THE CHURCH CALENDAR IS BROUGHT TO YOU BY THESE SPONSORS

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Don't let leg pain slow you down.



One in every 20 Americans over the age of 50 suffers from PAD - a condition caused by plaque or fatty deposits in the arteries that limit blood flow to the legs and feet. This puts them at greater risk for heart attack, stroke and limb loss.

Symptoms of Peripheral Arterial Disease (PAD)

- PAIN**
- ACHING**
- NUMBNESS**
- DISCOLORATION**
- BURNING SENSATION**
- SWELLING**

Call (704) 226-0531 for your PAD assessment today!

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NOW ACCEPTING NEW PATIENTS Monday-Friday 8 a.m. to 5 p.m.

The Health Department Supports Diabetes Awareness

The Anson County Health Department is bringing attention to Diabetes Awareness Month. November represents Diabetes Awareness Month and the Health Department supports those battling with diabetes every day.

More than 960,000 adults report having been diagnosed with diabetes by a healthcare professional in North Carolina and an estimate of 60,000 North Carolinians are diagnosed with diabetes annually. Diabetes is the 7th leading cause of death in North Carolina. Approximately 1 in 5 people with diabetes do not know they have diabetes.

Racial and ethnic minority populations in North Carolina have increased risk for developing type 2 diabetes and more than 3 North Carolinians may have prediabetes a condition that puts them at a greater risk for developing type 2 diabetes.

The number of diabetic cases in Anson County have been consistent over the past few years. Several cases have been linked to poor nutrition and lack of physical activity. The percentage of diabetic cases in Anson County is 11.6%, about 1.5% higher than the cases of North Carolina according to the 2017 North Carolina Institute of Medicine (NCIOM) statistic reports.

Diabetes is a condition that occurs when the body cannot use glucose (a type of sugar) normally. Glucose is the fuel that feeds your body's cells, but to enter your cells it needs a key. Insulin is that key. Insulin is a hormone in the body that adjusts the amount of glucose in the blood.

There are two main types of diabetes, type 1 and type 2. Both types of diabetes are chronic diseases that affect the way your body controls glucose. Type 1 diabetes is when the body does not produce any insulin, and type 2 diabetes is when the body does not produce enough insulin.

Diabetes is diagnosed or caused by various factors including genetics, lifestyle factors, and obesity. Type 1 diabetes is usually diagnosed in children or teenagers, or if an individual has a parent or sibling with the condition and genes that are linked to the disease are passed. The cause for type 2 diabetes involves obesity, age, parents with the condition, no physical activity, high blood pressure, high cholesterol, or high triglycerides. Pre diabetes is also a cause in developing type 2 diabetes. Pre diabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes.

Gestational diabetes is also a type of diabetes. Gestational diabetes is first seen in a pregnant woman who did not have diabetes before she was pregnant. Some women have more than one pregnancy affected by gestational diabetes. Gestational diabetes usually shows up in the middle of pregnancy. Those who develop gestational diabetes are at higher risk of developing type 2 diabetes later in life.

Symptoms of diabetes include: increased hunger; increased thirst; weight loss; frequent urination; blurry vision; extreme fatigue; and sores that don't heal.

Treatment methods for diabetes include daily blood sugar monitoring, a healthy diet, and exercise. If blood sugar levels are too high, medication will be needed.

Atrium Health Anson offers assistance through HealthQuest for insulin and other various medications. HealthQuest is a pharmacy that provides assistance in finding and applying for pharmaceutical company prescription assistance programs. This pharmacy also provides, when available, free medications. This assistance is offered to Union, Anson, Chesterfield, Lancaster and Stanly County residents who are under-insured or uninsured and cannot afford prescriptions. Medication is offered monthly with a \$20 administrative fee per month to participate in the program. The fee may be reduced or waived when there is undue hardship. For further questions contact HealthQuest at 704-994-4720.

Atrium Health Anson also offers a Diabetes Educator for the members of the Anson community. Atrium Health Anson is located at 2301 US-74 in Wadesboro. North Carolinians can visit the DiabetesFreeNC.com website find out if they are at risk for the disease.

Come to the Christmas Parade!

BEST HOMEMADE FLOAT TROPHY

THURSDAY, DECEMBER 2 UPTOWN WADESBORO PARADE STARTS AT 4:00 P.M.

UPTOWN WINDOW DECORATING COMPETITION