

# Climb4aCure

*Our mission is to promote awareness and provide treatment for the debilitating effects of diabetes, especially within underprivileged communities. We climb to remind ourselves and others that no matter the mountain in front of you, with teamwork and dedication, anything is possible.*

A Quarterly Newsletter

Issue No. 2 - Summer 2012

**NEW  
GRANTS  
TOTALING  
\$25,000  
MADE TO:**

**DELAWARE**

\$5000 to Chrisitana Health Care Center for Diabetes

Newark, Delaware



**ARKANSAS**

\$5000 to Chambers Memorial Hospital

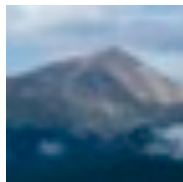
Danville, Arkansas



**COLORADO**

\$5000 to St. Vincent Hospital

Leadville, Colorado



**NEW MEXICO**

\$5000 to Holy Cross Hospital Diabetes Center

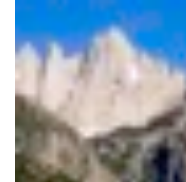
Taos, New Mexico



**CALIFORNIA**

\$5000 to Sequoia Hospital Diabetes Center

Redwood City, CA



## Did you know?

Average medical costs among people with diagnosed diabetes were 2.3 times higher than what costs would be in the absence of diabetes.

Managing diabetes often comes at a great financial cost. Of the nearly 26 million people living with the disease, many are paying out of pocket for treatment and self care.

The American Diabetes Association reports that the typical monthly cost to treat diabetes runs from \$350 to \$900 for those who do not have insurance. Statistics indicate that diabetes costs the U.S. \$174 billion each year, and expenses are expected to rise with the increased rate of type 1 and type 2 diagnoses.

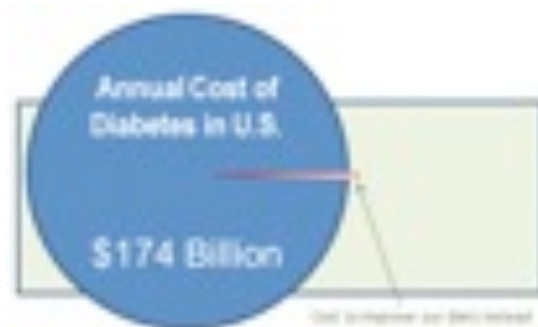
The American Diabetes Association recommends insulin-dependent diabetes patients test their blood sugar three times a day, which can set a patient back \$1,000 a year in average costs of glucose strips alone.

With the current economy and widespread job losses, many individuals are unable to pay for the proper medical supplies and attention they need. Regular doctor visits average \$1000 a year, and an insulin pump averages about \$2,500. These costs are too heavy for many families.

Climb4ACure is working to raise awareness and funds in order to provide these crucial medical supplies for individuals who cannot afford the costs on their own. Any donation you make could give underprivileged individuals a chance to manage their diabetes and live a healthy life.

The American Diabetes Association offers these tips for people with diabetes to manage the disease and lower risk for complications and expenses:

- 1) **Schedule regular visits** with your doctor and dentist to stay on top of the disease
- 2) **Eat a healthy diet** that limits carbohydrates and calories.
- 3) **Exercise** with 30 minutes five days per week
- 4) **Join a local diabetes community** group to stay motivated



## How your Climb4aCure Donations Have Helped:

*Ray Mason, CEO and Employees of Cimarron Memorial Hospital of Boise City, Oklahoma*

"This donation will help us reach out to our community in a way that has not been done before. We want to continue the classes as long as we have people that will come to learn about their disease. We want to have some cooking classes to show that cooking healthy is very tasty and doesn't sacrifice flavor. We also want to buy some pedometers for the people to use when they walk. We want to have some brochures printed to use in our clinic. Your donation will go a long way in helping us to educate the people in Boise City and Cimarron County about their diabetes."

*Richard Kilburn, CEO of William Bee Ririe Hospital of Ely, Nevada*

"Your contribution will significantly impact our ability to inform and educate those in our rural community on how to live a healthy and productive life as a Diabetic. We wish to thank Climb4acure for their generosity. Your \$5,000.00 contribution will significantly help in leading us down the path of success in our new adventures."



*Pauline Chau, RD, CDE, of Sequoia Hospital of Redwood City, California*

"The Sequoia Hospital Diabetes Center is very thankful for your generous donation. Your support has enabled us to go to the community and reach out to those who are uninsured and underserved. We share your passion for serving those with diabetes and empowering them to manage their diabetes. This grant came at a most opportune time, with the current economic environment and budget cuts in health care, and so many jobless and uninsured. We are privileged to partner with you in this endeavor."

*Richard J Taaffe, Executive Director of West Hawaii Community Health Center of Kealahou, Hawaii*

"On behalf of the Board of Directors, staff and West Hawaii Community Health Center patients, a big mahalo for your generous \$5000 to support diabetes education and outreach efforts at our center. We fully intend to make you proud that you selected WHCHC as one of your grantees."

## News & Upcoming Events

- We raised over \$8,000 with our Facebook "Birthday Wish" - Thank You!!
- Our website is getting a facelift and will be done in September
- We will be providing updates via Twitter and Facebook in the future - stay tuned for more news!
- *We have already raised \$30,000 this year. Our goal is to raise over \$50,000 - Help us get there!*

## What You Can Do To Help

Donate on our site: [www.climb4acure.org](http://www.climb4acure.org)

"Like" our Cause online at:

<http://www.causes.com/causes/299195-climb4acure#>

## About Us

Climb4ACure was founded in 2007. Our focus is to deliver supplies and treatment to underprivileged diabetics and to increase awareness that the underprivileged are disproportionately affected by this terrible disease. Since our inception, Climb4ACure has provided grants totaling \$120,000 to twenty-two different healthcare-providers in under-served communities across the United States. Our grants have provided education, supplies and support to diabetics who cannot afford the care that they need to fight this terrible disease.

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