Take Action to Prevent Diabetes

If you have prediabetes or are at risk for diabetes, the Bryan Diabetes Prevention Program is for you! Led by a trained lifestyle coach, this yearlong program gives you the support and skills to prevent diabetes. Plus, it's covered by Medicare and other insurance plans.



"Thanks to this program I lost over 30 pounds, lowered my A1C and am no longer prediabetic."

– Mary, class participant

Join us for an Information Session

Learn more, ask questions and find out if this program is right for you! ***Registration required.***

Monday, November 23
5-6 p.m.

Bryan Medical Plaza • Conference Center A
1500 S. 48th St.

Register Today!

Call: 402-481-6322

Online: Scan QR code or visit BryanHealth.org/DiabetesInfo

Bryan MEDICAL CENTER

Understanding PSA Numbers in Men



Podcast with
AJ Pomajzl, MD
Urologist
Nebraska Urology



In this podcast, Dr. AJ Pomajzl explains what PSA, or prostate-specific antigen, means for men's health. He'll also discuss PSA test results, what they could mean and the next steps to take if your levels are high.

Listen now:
BryanHealth.org/Podcasts

Bryan HEALTH PODCAST