



NEWS RELEASE

FOR IMMEDIATE RELEASE

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LOCAL PHARMACY TACKLES DIABETES COMPLICATIONS THROUGH HEALTHY EATING AND EDUCATION

Community Appreciation Day Debuts Celebrity Top Chef Tiffany Derry

Dayton, Ohio—Ziks Family Pharmacy, a full-service pharmacy and home medical equipment supplier, will host the public in collaboration with Novo Nordisk and local physicians for its Annual Community Appreciation Day. The theme is health and wellness with a focus on diabetes education.

The event will take place on Friday, September 4, 2015 from 11AM to 6:30PM at ZIKS Family Pharmacy, located in the Wright Dunbar Neighborhood at 1130 West Third Street, Dayton, Ohio 45402. Throughout the day-long event, attendees will also enjoy a cookout, with access to many vendors and exhibits.

Recognizing health outcomes which demonstrate that 29.1 million people, or 9.3% of the population have diabetes—resulting in complications of diabetes to include retinopathy (eye disease), lower extremity amputation, and end-stage renal disease—the day of celebration is designed to bring together patients, friends and family. Various topics will be addressed. **“I am very excited to address the management of complications of diabetes through education,”** says Pharmacist Nnodum Iheme. **“But the goal is to also stress prevention, and healthy eating habits. We are fortunate to have Chef Tiffany come to our city. The celebration also gives attention to our fellow Wright Dunbar businesses and neighborhood.”**

Starting at 12 Noon until 2PM, attendees will be able to join celebrity chef Tiffany Derry, creator of “TD Concepts (TDC),” as she demonstrates three diabetic-friendly meals. The meals will be sampled to over 400 people.

Derry, who recently cooked for the White House after a request from President Obama, began a new TV series in spring 2014 called, “Hungry Investors.” With a personal family connection to diabetes, Tiffany has made it her mission to educate people about healthy lifestyles and portion control. She has worked to revamp the Dallas School District’s lunch program. Tiffany stands by one rule in her kitchen—“make it good or forget it!” Novo Nordisk Diabetes Educator Shelly Perkins will also teach “Diabetes 101” in connection with Chef Tiffany’s demo and Diabetes Academy, offered by Novo Nordisk, a leading diabetes care company.

Physicians speaking during the event include:

Peter Ekeh, MD, Faculty-WSU Boonshoft School of Medicine, Department of Surgery
Medical Director of Trauma, Miami Valley Hospital | Premier Health

Dr. Ekeh is certified by the American Board of Surgery with an additional certification in surgical critical care, and serves as director of the Injury Prevention Center at Miami Valley Hospital; director of the Division of Acute Care Surgery for Wright State Physicians; and medical director of trauma at Miami Valley Hospital.

Morris Brown, MD—St. E's Urgent Care and Dayton Primary Care. Board certified in family medicine, Dr. Brown has been practicing in the downtown Dayton area for over 30 years.

Ugo Nwokoro, MD— Dayton Internal Medicine Clinic. Dr. Ugo specializes in Internal Medicine.

Alonzo Patterson, MD—PriMed Wright Dunbar. Dr. Patterson is board certified in pediatrics, and has led PriMed's Pediatric Asthma program.

Tanisha Richmond, DPM—Richmond Foot & Ankle Clinic. Doctorate of Podiatric Medicine. Dr. Richmond's Team of Podiatrists specialize in full service foot and ankle care.

Kevin J. Watt, MD—Eye Physicians & Facial. Ophthalmology physicians and surgeons.

- For tools and resources to manage day-to-day diabetes care, visit Cornerstones4Care.com, and [Novo Nordisk Diabetes Academy](http://NovoNordiskDiabetesAcademy.com).
- To learn more about Chef Tiffany Derry, visit tiffanyderryconcepts.com. See Chef Tiffany in the following two-minute video clip: [TV Hit Show "Hungry Investors"--Chef Tiffany Derry Spanks Grotto Restaurant Owner](#)



ZIKS is a full service community pharmacy proudly serving Greater Dayton and Montgomery County residents.

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If you'd like more information about this topic, or to schedule an interview with ZIKS Family Pharmacist Nnodum Iheme, Chef Tiffany Derry or physicians, please call Joyce Jones, Director of Marketing at 404.922.1111, or e-mail joyce@ziksrx.com