

Joan Geohegan, RN, BSN, CDCES

Florence KY

Against masking argument:

Hi, my name is Joan Geohegan. I am a registered nurse and Certified Diabetes Care and Education Specialist. I have had type 1 diabetes for 52 years, and have excellently controlled blood sugar. My risks of COVID are low because I know how to manage my DM as well as foods that help to prevent or mitigate COVID 19.

Our Initial reaction was fear, and the goal was to 'flatten the curve.' We have done that. This was to allow time for the medical industry to prepare enough beds and acquire vents for patients that were expected.

Since then, field hospitals have been built and disassembled. Three major hospitals in Kentucky have stated they have plenty of supplies.

Being 'mask-shamed' is not what this country is about. Our country stands for freedoms: freedoms to make our own decisions, to go where we wish, and to decide how we wish to express ourselves. A mandate by a governor, even during the time of an alleged pandemic, does not override our Constitutional rights.

When I worked for the Northern Kentucky Independent District Health Department, it was emphasized that patients had the right to self-determination. THEIR goals and priorities became OUR priorities. The Administrative Reference guidelines for patient care prioritized patient rights.

Patients have a right to choose.

Please consider that the citizens of Kentucky are your patients, and we ALL have this right to choose to wear a mask or go without.

Instead of mandating masks, it would be a better, less invasive approach to educate our population about foods that reduce inflammation (covid is an inflammatory disease), reduce blood clotting (covid is a clotting disease), and improve our immune response (increase vitamin D by getting outside). There are research articles I can provide if you need them to support my statements.

When was the last time anyone heard our state government advising people to see a diabetes educator to improve the underlying health conditions that contribute to poorer outcomes?

Instead, the state has defunded the diabetes programs that were offered through the LHDs. By the way, the information on your diabetes section of the AR is seriously outdated. The Standards of care have been updated a number of times since 2018. This is shameful. I can fix it if you like.

Let us practice self-determination. ALL of us.

Thank you for allowing me to share.