



CHATting ABOUT HEALTH

Diabetes Self-Management Program



- Are you living with diabetes?
- Did you know that we offer a Diabetes Self-Management Program?
 - *This evidence-based self-management program was originally developed at Stanford University.*

Format

The small group participatory sessions are 2.5 hours long and take place weekly for 6 weeks.

Objectives

You will learn techniques to deal with diabetes symptoms, like fatigue, pain, hyper- and hypoglycemia, stress, and emotional problems like depression, anger, fear, and frustration.

Session topics include:

- Appropriate exercise for maintaining and improving strength and endurance
- Using glucose monitoring to make day to day decisions and manage sick days
- Healthy eating
- Appropriate use of medication
- Working more effectively with health care providers
- Recommended tests to prevent or delay complications
- Foot care
- Action-planning, problem-solving, decision-making

Interested in registering?

Visit our website for more information.

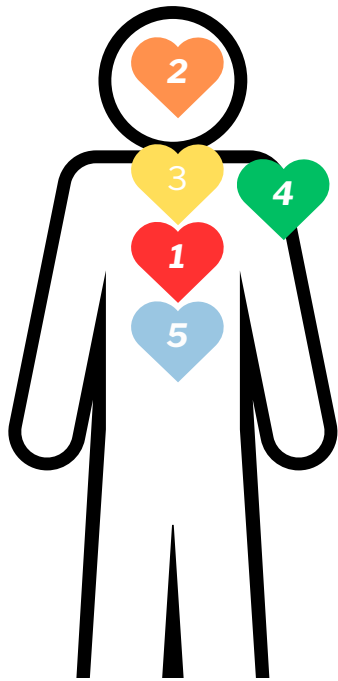
[https://chathamhealth.org/
community-health#cdsmp](https://chathamhealth.org/community-health#cdsmp)



February is American Heart Month

Call **911** if you have

Heart Attack Warning Signs



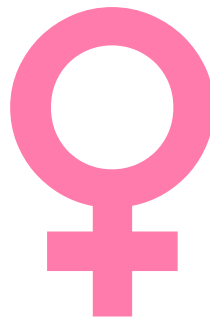
- 1:** Chest pain/ discomfort
- 2:** Lightheadedness, nausea, vomiting
- 3:** Jaw, neck or back pain
- 4:** Shoulder /arm pain or discomfort
- 5:** Shortness of breath

Stroke Warning Signs



- F** Face drooping
- A** Arm Weakness
- S** Speech difficulty
- T** Time to Call 911

Although the most common heart attack symptom in women is chest pain or discomfort, women may have other symptoms like anxiety or unusual tiredness and weakness.



Other stroke symptoms include:

- NUMBNESS/WEAKNESS especially on one side of the body
- CONFUSION, trouble speaking or understanding speech
- TROUBLE SEEING in one or both eyes
- TROUBLE WALKING, dizziness, loss of balance or coordination
- SEVERE HEADACHE with no known cause

<https://www.heart.org/en/health-topics/heart-attack/warning-signs-of-a-heart-attack>



<https://www.stroke.org/en/about-stroke/stroke-symptoms>



COVID-19 VACCINES

Visit CDC to learn more about current COVID-19 vaccine recommendations : <https://www.cdc.gov/covid/vaccines/stay-up-to-date.html>

