



FALL 2002

# Diabetes Update

A Quarterly Bilingual Newsletter

## Chicago Southeast Diabetes Community Action Coalition

### Coalition Members

Midwest Latino Health Research, Training & Policy Center  
Jackson Park Hospital  
South Shore Community Church  
South Chicago Chamber of Commerce  
Trinity Hospital  
Jackson Park Hospital  
Midwest Hispanic Health Coalition  
F.O.R.U.M.  
Centro Comunitario Juan Diego  
Chicago Family Health Center  
Health Care Consortium of Illinois  
Gwen Stern & Associates  
University of Illinois  
Illinois Eye Institute  
U.S. Department of Health and Human Services  
Hegewisch Community Committee  
USDHHS/Office of Minority Health  
Villa Guadalupe Senior Center  
We Care Dental  
South Region Chicago Park District  
South Chicago CDPH Facility  
Illinois Diabetes Control Program  
A M Overton Pediatric  
Germano Millgate Community Center  
Tellez Medical Center  
African Americans Dietetic Association  
Chicago Chapter of the National Black Nurses Association

### Committees

Evaluation  
Media and Public Communications  
Quality of Care  
Public Education/Self Management

### Staff

Aida Giachello  
Margaret Davis  
Olivia Hernandez  
Patricia Canessa  
Jose Arrom  
Catalina Ramos  
Melinda Alba  
Judith V. Sayad  
Andrea Williams  
Ada Caranton  
Shane Elliot Parker  
Nallely Suarez  
Monica Velazquez  
Michelle Maisonet  
Elizabeth Barrera  
Abishek Hariharan  
Robert Wright



A CDC REACH 2010 Initiative

UIC Midwest Latino Health Research, Training and Policy Center

## Diabetes and Heart Diseases

By Judith V. Sayad

Heart disease is the leading cause of death among adults in the United States. People with diabetes have extra reasons to be mindful of heart and blood vessel disease. Diabetes carries an increased risk for heart attack, stroke and complications related to poor circulation. By taking charge of your health, you can work to prevent heart disease. Cutting down on your risk factors can help reduce your risk for cardiovascular disease (CVD). You face a greater chance of developing heart disease if you have diabetes and high blood pressure, high blood fat levels, smoke cigarettes, have a family history of premature heart disease, are obese, and are not physically active.

The more risk factors you add, the greater your risk. Men with diabetes have a greater risk of CVD than women. After menopause, the risk increases for women with diabetes.

### A Heart Healthy Lifestyle

If you have any of the risk factors listed above, work to change them. If you smoke, quit. You and your whole family will benefit. This is a team effort and will involve your family, your health care team, and your social support network.

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