

NEWS FROM Legislator

# Lou D'Amaro



**SUFFOLK COUNTY LEGISLATURE**

17<sup>th</sup> Legislative District

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**For Immediate Release**

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## Free Diabetes Self-Management Classes Set to Begin

*HUNTINGTON STATION, NY... March 5, 2012*) – Suffolk Legislator Lou D'Amaro (D-Huntington Station) would like to encourage local residents concerned about diabetes to sign up for one of two free four-week self-management classes that will begin this month in Western Suffolk.

Developed and conducted by the Suffolk County Department of Health Services and the Cornell University Cooperative Extension of Suffolk County, the free education classes provide tips for keeping blood sugar within target ranges, choosing healthy meals and balancing food, exercise and medications. Groups will discuss ways to make commonly prescribed medications work more effectively. The goal of the classes is to give diabetic persons the knowledge and tools they need to allow them to live happier and healthier lives.

Registration is currently underway for the following classes:

Maxine S. Postal Tri-Community Health Center  
1080 Sunrise Highway, Amityville, NY 11701

on

Tuesday Afternoons in March, 2 p.m. – 4 p.m.  
(March 6<sup>th</sup>, March 13<sup>th</sup>, March 20<sup>th</sup>, and March 27<sup>th</sup>)

(more)

and

Wyandanch Public Library  
14 South 20<sup>th</sup> Street, Wyandanch, NY 11798  
on  
Thursday Evenings, 5:30 p.m. – 7:30 p.m.  
(March 22<sup>nd</sup>, March 29<sup>th</sup>, April 5<sup>th</sup>, and April 12<sup>th</sup>)

To register for any of these classes, call Laurie Wells at (631) 727-7850 ext. 340. Classes are open to all community residents and there is no charge to attend. Seating is limited, however, and registration is required.

According to the Centers for Disease Control and Prevention, diabetes affects nearly 26 million people – 8.3 percent of the U.S. population. More than 18 million people have been diagnosed with diabetes and it is estimated that seven million people have diabetes without any knowledge that they are afflicted with the disease. Diabetes is the leading cause of kidney failure, non-traumatic lower limb amputations and new cases of blindness among adults. It is a major cause of heart disease and stroke and the seventh leading cause of death in the U.S. Overall, the risk of death among people with diabetes is about twice that of similarly aged individuals without the disease. It is estimated that 35 percent of adults aged 20 and older have risk factors that make them pre-diabetic.

“The statistics may sound frightening but by embracing a healthy lifestyle, individuals and families can take the scare out of a diabetes diagnosis,” said Legislator D’Amaro. “I hope that everyone impacted by this disease will sign up for these classes.”

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*Suffolk County Legislator Lou D’Amaro (D-Huntington Station) represents the 17<sup>th</sup> Legislative District, which includes parts of Huntington Station, South Huntington, Huntington, West Hills, Melville, Dix Hills, Deer Park, North Babylon and West Babylon. He is Chairman of the Budget & Finance committee, Vice-Chairman of the Environment, Planning & Agriculture committee, and a member of the Human Services and Public Safety committees of the Suffolk County Legislature.*