

NEWS FROM Legislator

Lou D'Amaro



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For Immediate Release

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Free Diabetes Self-Management Classes Set to Begin in Greenlawn

(HUNTINGTON STATION, NY... January 12, 2016) – Suffolk Legislator Lou D'Amaro (D-Huntington Station), Suffolk County Executive Steve Bellone and Health Commissioner James Tomarken, MD, invite residents who have Type 2 Diabetes and their caregivers to attend a free program that will help them to manage their diabetes. The six-class program, entitled “The Stanford Diabetes Self-Management Classes,” is conducted in collaboration with Cornell University Cooperative Extension of Suffolk County and begins this month in Greenlawn.

The classes in the program cover topics including: techniques for dealing with the symptoms of diabetes, such as fatigue, pain, hypoglycemia, stress and emotional issues such as depression, anger, fear and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating; label reading; appropriate use of medication, and effective communication with healthcare providers. Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in carrying out their self-management plans. Each will receive a free book entitled Living Healthy as well as a relaxation compact disc. Individuals must be 18 years or over to participate.

(more)

The six-week series is scheduled to meet as follows:

Thursdays, January 14, 21, 28 and February 4, 11, 18 from 5:30 to 8 pm

Dolan Family Health Center, 284 Pulaski Road, Greenlawn

Contact: Jane Juran at Cornell Cooperative Extension, 631-727-7850 ext. 340

Please leave a message and someone will get back to you to confirm registration.

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 can be startling, but there is a key to minimizing serious health conditions and that is through understanding and managing the disease,” said Legislator D’Amaro. “I hope that individuals and families impacted by a diabetes diagnosis will sign up for this great program.”

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Suffolk County Legislator Lou D’Amaro represents the 17th Legislative District, which includes parts of Huntington, Huntington Station, South Huntington, Melville, West Hills, Cold Spring Hills, Dix Hills, Deer Park, North Babylon and West Babylon. He is chairman of the Budget & Finance committee and a member of the Education & Information Technology and Human Services committees of the Suffolk County Legislature.