

NEWS FROM Legislator

# Lou D'Amaro



SUFFOLK COUNTY LEGISLATURE

17<sup>th</sup> Legislative District

130 West Jericho Turnpike

Huntington Station, NY 11746

Tel: (631) 854-4433

Fax: (631) 854-4415

Lou.Damaro@suffolkcountyny.gov



COMMITTEES:

CHAIR- Budget & Finance

MEMBER -- Veterans

For Immediate Release

Contact: Karen Klafter (631) 854-4433

## 'Living Healthy' Free Diabetes Self-Management Workshop Set to Begin in Copiague

(HUNTINGTON STATION, NY... August 24, 2016) – Suffolk Legislator Lou D'Amaro (D-Huntington Station) encourages residents with diabetes and their caregivers to learn about "Living Healthy with Diabetes." The free six-class workshop is conducted in collaboration with Cornell University Cooperative Extension of Suffolk County and begins September 12 in Copiague.

The classes in the program cover a variety of topics and provide the tools to help manage and take control of your health. Participants will learn new and practical ways to live better and healthier with diabetes.

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

**Mondays, September 12, 19, 26 and October 3, 17, 24 from 1 to 3:30 pm**

**Copiague Public Library, 50 Deauville Boulevard, Copiague**

(more)

There is no fee but enrollment is limited and registration is required. 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 impacted by a diabetes diagnosis will sign up for this great program.”

# # # #

*Suffolk County Legislator Lou D’Amaro represents the 17<sup>th</sup> 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 Veterans committee of the Suffolk County Legislature.*