

KEEP THESE LIFE SAVING TIPS. KEEP THESE LIFE SAVING TIPS. KEEP THESE LIFE SAVING TIPS.

LIVE WELL WITH DIABETES

Tips for Preventing Diabetes



- Maintain a healthy weight
- Get 150 minutes of exercise per week
- Concentrate on fruits and vegetables, whole grains, limit refined carbohydrates like white bread, rolls, most desserts, and sugar
- Drink water instead of soda or sports drinks.
- If you are over the age of 45, talk with your doctor about getting screened
- Don't smoke! If you smoke, talk with your doctor about quitting or call the New York State Smokers Quitline at 1-866-NY Quits (1-866-697-8487) or www.nysmokefree.com

Diabetes Warning Signs

- Increased thirst
- Increased hunger (especially after eating)
- Dry mouth
- Frequent urination or urine infections
- Unexplained weight loss (even though you are eating and feel hungry)
- Fatigue (weak, tired feeling)
- Blurred vision
- Headaches

Livingston County Diabetes Resources

for all diabetics and pre-diabetics

- Noyes Memorial Hospital Diabetes Education Program Dansville & Geneseo – for information and appointments call 585-335-4355
- Livingston County Department of Health Diabetes Support Group – call 585-243-7299 for dates and time
- Cornell Cooperative Extension Nutrition Program – call 585-991-5420 for information
- Geneseo Parish Outreach Center (for those without insurance) Route 63, Geneseo – call 585-243-3120 for appointments

More info: American Diabetes Association: www.diabetes.org
American Association of Diabetes Educators: www.diabeteseducator.org
Center for Disease Control: www.cdc.gov/diabetes
Diabetes Prevention and Control Program NYS: www.health.ny.gov

Colon Cancer Prevention and Screening Resources

Tips for Preventing Colon Cancer



- Increase physical activity
- Eat whole grain foods
- Avoid high-fat, low-fiber foods
- Eat a variety of fruits and vegetables often
- Limit alcohol consumption
- Avoid tobacco If you smoke, talk with your doctor about quitting or call the New York State Smokers Quitline at 1-866-NY Quits (1-866-697-8487) or www.nysmokefree.com

All men and women age 50 and over should be screened for colon cancer.

People with a family history of the disease or other risk factors should talk with their doctor about beginning screening at a younger age.

There are several effective colon cancer screening methods. Talk to your physician to find out your options.

Talk with your doctor about Colon Cancer Screening today!

Free Breast, Cervical and Colorectal Cancer Screenings
(for individuals who are uninsured or underinsured)

Cancer Services Program of Livingston and Wyoming Counties:
1-800-588-8670



For more copies of the flyer, please call 243-7299 or go to www.livingstoncounty.us/doh.htm.

Brought to you by the Genesee Valley Health Partnership (www.gvhp.org) and the Chronic Disease Prevention and Management Committee



Stroke Warning Signs

If you think you are having a stroke, stop reading and call 9-1-1.

What is a Stroke?

- A stroke is like a heart attack that happens in your brain.
- When someone has a stroke, one of the arteries that supplies blood to the brain becomes blocked.
- Once blood flow to your brain becomes blocked, brain cells begin to die. **As many as two million brain cells die each minute during a stroke.**
- If a stroke is not treated quickly, it can cause death. And for thousands of Americans each year, strokes lead to permanent disability.

Learning the warning signs of a stroke—right now—could one day save your life, or the life of someone you love.

Time is critical when treating a STROKE.

Act *FAST* and look for these signs:

Face — is one side drooping?

Arm — with both arms raised, is one lower?

Speech — is speech slurred?

Time — call 911 now—do not wait!

What should I do if someone is having a stroke?

If you think you or someone else may be having a stroke, the steps you should take are simple:

- Follow the **FAST** system: Check the FACE, ARMS and SPEECH, then don't waste TIME.
- If there are ANY signs of stroke, **call 9-1-1**.
- If you are not sure, don't take chances. **Call 9-1-1**.
- **DO NOT** drive yourself or someone else to the hospital if you suspect a stroke.

Cut Salt (Sodium)

Consuming too much salt (sodium) increases your blood pressure, a leading risk factor for heart attack and stroke.

What You Can Do

You can reduce your sodium intake by following these steps:

- Load up on fresh vegetables, fruits, dried beans, and peas, which are naturally low in sodium.
- Eat at home as much as possible. Restaurant meals can be high in sodium.
- When you buy canned vegetables and beans, choose ones with labels that say "low sodium," "reduced sodium," or "no salt added." Regular canned vegetables may be rinsed in running water for one minute prior to heating to reduce sodium.
- Compare the sodium in foods like bread, soup, and frozen meals. Choose the ones with less sodium.
- Limit processed foods, especially foods that are salted, smoked, or cured, like hot dogs, bacon, and deli meats.
- Try different herbs and spices for flavor.

Most sodium comes from processed food like frozen pizza, deli meats, frozen dinners, and condiments.

**The DASH Diet Eating Plan
a low sodium plan**
<http://dashdiet.org>

Top Sources of Sodium in the Diet

Breads and rolls

Cold cuts and cured meats

Pizza

Poultry

Soups

Sandwiches

Cheese

Pasta dishes

Meat dishes

Snacks

Limit your sodium to 1,500 mg a day if you are:

- 51 years or older
- African American
- Have high blood pressure
- Have diabetes
- Have chronic kidney disease

2,300 mg of sodium is the maximum amount of sodium that Americans aged 2 and up who do not fall in the categories above.