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PREVENTION AND EARLY DETECTION IS THE CURE

BETTY ODNE, 61, BRANDON

“I started making healthy changes last year and now my diabetes is in remission.” (Continued on Page 3)



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TYPE

Beat Diabetes



Did You Know ?

Diabetes is a serious disease that is increasing at an alarming rate. It is important that you become aware of the causes and take steps to prevent and treat it.

- Since 1960, the number of African Americans with diabetes has tripled.
- One in four African American women over age 55 have diabetes and it is the third leading cause of death.

- In the early 1900s, diabetes was an uncommon cause of death in African Americans. Now, it is one of the leading causes of death and disability in the United States.

Sources: *Center for Disease Control and Prevention National Center for Health Statistics, American Diabetes Association*



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Know The Facts

What is Diabetes?

Diabetes is a group of diseases where your body cannot process the carbohydrates (sugars and starches) you eat. When the sugar level in your blood is high, your body releases insulin to reduce the levels. If you have diabetes, your body either does not produce enough insulin or cannot reduce the sugar level.

Types of Diabetes:

The two most common types of diabetes:

Type 1 – (5-10% of all cases) usually develops in childhood and is caused by your body not producing enough insulin. It is treated with daily insulin injections.

Type 2 – (90-95% of all cases) **Our focus is on this type of diabetes because it can be managed.** It usually develops in adults over 40. This is now increasing at a near-epidemic rate, especially among younger people.

Are You at Risk for Type 2 Diabetes?

- A family history of diabetes
- Member of ethnic group, like African Americans
- Overweight or obese
- 45 + years old
- High blood pressure
- High cholesterol levels
- Not enough physical activity
- Hardening of the arteries

- Diabetes while pregnant (gestational diabetes)
- Dark, thick and velvety patches of skin around neck and armpits

Complications of Diabetes in African Americans:

- **Blindness:** 50% more likely to develop a disease that affects the blood vessels of the eye that will impair vision and lead to blindness
- **Kidney Disease:** up to 5 times more likely to suffer from reduced function of kidneys (Renal Disease)
- **Amputation:** leading cause of limb amputation due to problems with blood circulation
- **Nerve Pain (Neuropathy):** caused by damage to your nerves – a burning, throbbing or painful tingling often begins in the feet or hands and can lead to painful ulcers
- **Hardening of the Arteries:** more common in diabetics and can lead to increased rates of heart attacks, stroke, and poor circulation throughout your body.
- **Erectile Dysfunction:** 35-75% of men with diabetes will have some degree of impotence due to the disease.

Sources: *National Institute of Diabetes and Digestive and Kidney Diseases, 2007. U.S. Department of Health and Human Services, National Institutes of Health, 2008.*

The Good News Is:

Type 1 Diabetes can be controlled with medication and proper diet

Type 2 Diabetes can be prevented, delayed or controlled by following a healthy lifestyle, and medication, if needed.

Your Health in Your Hands is a free quarterly newsletter for African Americans in the Tampa Bay area – with stories about local people. Each edition will deal with a specific health challenge of the African American community - with a focus on

healthy local solutions you can do to reduce your risk of disease (**prevention**) and what to do (**early detection**) to treat the disease. This newsletter will give you knowledge and tools you need to make lasting changes in your life – and to put *Your Health in Your Hands*.

Also available on the web and by email:

www.healthy-together.org



BETTY ODNE, 61, BRANDON

“I started making healthy changes last year and now my diabetes is in remission.”

High Blood Pressure, High Cholesterol, Eye Problems and Neuropathy = **DIABETES**

“I was 56 when I found out I had diabetes. I didn’t feel good. I would eat and within 10-15 minutes, I had to go to sleep. Wherever I was, I’d just crash. And when I woke up, I’d have a serious pounding headache, my body was shaking, my head was spinning, my heart was racing –until I ate something.”

“Based on all that, my doctor did an **A1C** test and said I had diabetes and put me on medication. I was over 300 pounds with high blood pressure, high cholesterol, eye problems and neuropathy, but I continued to eat.”

“My dad was diabetic; he had 3 strokes, was blind and in a wheelchair. I should have taken better care of myself because a family history of diabetes increases your risk.”

“Then in August 2009, I found two wonderful programs here in Tampa and I started to change. I thank God for:

PTSC – Prime Time Sister Circles
Healthy Together Tampa Bay

GIFT – Get Into Fitness Today
Bloomingdale Public Library

“I started losing inches and pounds. My clothes went from size 30 to size 18 and I’m still losing. I took my *Prime Time* book with me to the doctor and asked about tests it listed that I had never had done and the questions I should ask. The doctor was so impressed with the information in that program

and wanted to put a lot of the clinic’s women in the PTSC program. Thanks to my changes, the doctor recently told me that my A1C was low and took me off my medication. My diabetes is in remission! I am so happy that I made the healthy changes that changed my life.”

“Eating healthy, getting exercise, losing weight – I am so happy! I used to be a sour pickle, now I’m a bottle of honey!”

Here is what I have learned:

- I wasn’t exercising, and then I learned that exercise gives me energy!
- Walking 10,000 steps a day will add years to my life
- I need to get 7-8 hours of sleep a night
- I need at least 8 glasses of water a day
- I was putting too much unhealthy food in my body and it was destroying me.
- Read labels – my children now call me the “no high fructose corn syrup lady”.
- I now eat healthy, natural foods and add fresh fruits and vegetables. I even bake my own bread.
- Write down what you eat – it keeps you on track
- I pre-plan my meals for the week and cook them up ahead of time - that way I don’t waste a lot of money, a lot of time and a lot of food.

Here’s a **recipe** that’s good for you and tastes great!

Cajun-Creole Smothered Steaks

INGREDIENTS

- 2 teaspoons salt-free Cajun-Creole seasoning blend
- 2 eye-of-round steaks (4 oz. each), all visible fat removed
- 2 teaspoons olive oil
- ½ of 14.5-ounce can of no-salt added diced tomatoes, undrained
- ¼ cup water
- ½ medium green bell pepper, chopped
- ½ medium rib of celery, cut into ½” slices
- 2 Tablespoons chopped onion
- 1 med. garlic clove, minced
- ¼ teaspoon salt

DIRECTIONS

1. Sprinkle the seasoning blend over both sides of the steaks.
2. In a medium skillet, heat the oil over med-hi heat, swirling to coat the bottom. Cook steaks for 2 minutes on each side, or until browned. Transfer to a plate.
3. In same skillet, stir together the tomatoes with liquid, water, bell pepper, celery, onion, garlic and salt. Add steaks. Bring to a simmer. Reduce the heat and simmer for 1 hour and 15 minutes, or until tender. Serve over rice.

Yield: 2 servings
Serving size: 3 ounces of steak & ½ cup of vegetables

Calories: 225
Total fat: 8g
Saturated fat: 1.9g
Cholesterol: 50mg
Sodium: 390mg
Carbohydrates: 10g
Protein: 28g

Diabetes and Heart Healthy Meals for Two by American Heart Association and American Diabetes Association



Michelle Obama warns: Childhood Obesity Can Lead to Diabetes

First Lady, Michelle Obama is focusing her efforts on *Let's Move!* – a nationwide campaign with a single goal: to solve the problem of childhood obesity in a generation.

- Increasing the number of “healthy schools”
- Adding more physical activity to youngsters’ lives
- Encouraging consumers to make smart food choices
- Improving access to health foods

“We all know when our kids don’t eat right and don’t get enough exercise, they are at a greater risk for a whole range of preventable diseases – like diabetes,” quoted Mrs. Obama. “A long time ago, diabetes was only something that happened to adults – now we’re seeing it more and more among kids because they are less healthy.” If current trends in childhood obesity continue, nearly 1 in 3 children born in the year 2000 (1 in 2 for minorities) will develop Type 2 diabetes in their lifetime.



OBESITY & CHILDREN

Martha Addison, RN



“As an adult, have you ever wondered why we are seeing diseases in our children that we didn’t see when we were growing up:

ADHD, rheumatoid arthritis, blood pressure problems and **diabetes**? A major factor is the increase of obesity in our society, especially among our children.”

How did we get here? Fast foods seem to be replacing eating home cooked meals with the family, hand held computer games make us more reluctant to be involved in good old fashion outdoor playing, and no one seems to be sure what is going on with meats and the processing of foods today.

How do you know if your child is overweight? As children grow at different rates at different times, it is not always easy to tell if a child is overweight. Talk with your child’s health care provider.

Why is obesity in our youth a problem? Obesity promotes the development of chronic diseases, like diabetes and heart disease.

In addition to the health care challenges a child faces once diagnosed with these illnesses, additional stresses are placed on our health care system and life becomes more difficult for the child.

Is there a difference between obesity and being overweight?

Obesity means having too much body fat while being overweight means weighing too much.

Three household routines: that families can develop that have been associated with an almost 40% reduction in the risk of childhood obesity:

- Eat dinner as a family six or seven times a week
- Limit the time your child watches TV to less than two hours a day
- Make sure he or she gets as many as 10 hours of sleep a night. Plus an hour of daily physical activity.

Portion Sizes: How they have changed over the years

We step up to the fast food counter and ask them to “supersize it!” The increase in the typical serving size of our meals and drinks is one reason for our obesity epidemic and the increase in diabetes – especially among our children.

SUGAR IS EVERYWHERE

There are 2 types of sugars:

- **Naturally occurring** – found naturally in food, fruit and milk
- **Added sugars** – added during processing or preparation. They contribute additional calories and zero nutrients.

Finding Added Sugars in Food (names on nutrition labels)

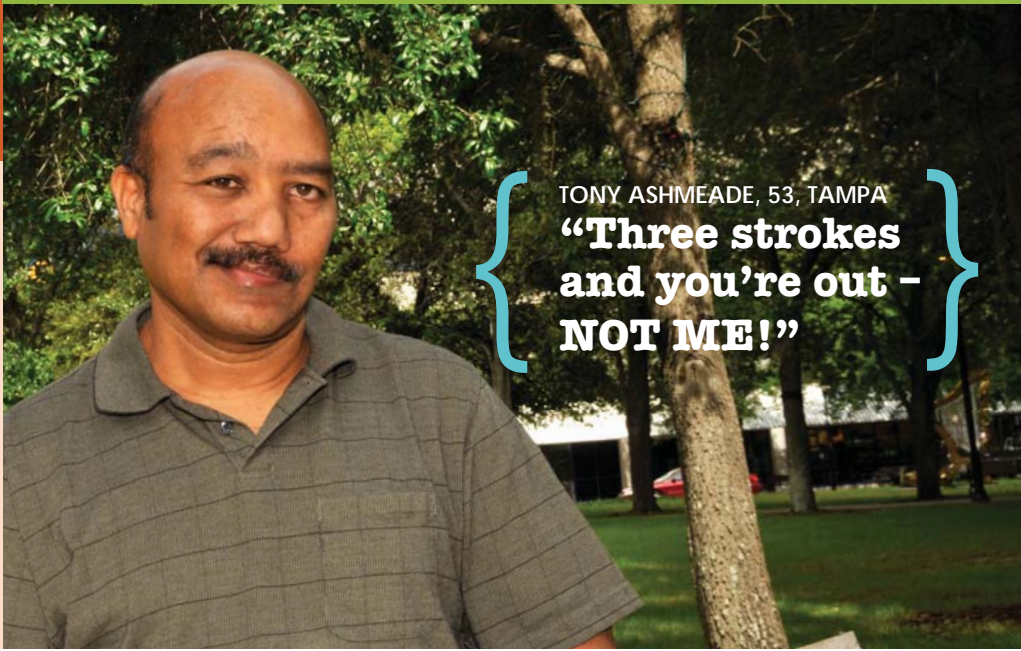
- Brown sugar
- Corn syrup or corn sweetener
- Fruit juice concentrate
- High-fructose corn syrup
- Evaporated cane syrup
- Honey
- Maltodextrin
- Molasses
- Anything ending in “ose” (dextrose, fructose, glucose, lactose, maltose, sucrose)

American Heart Association suggests that you limit your added sugar per day to:

- 25g for women = approx. 6 teaspoons
- 37.5g for men = approx. 9 teaspoons

Remember: We get enough sugar in our diet that we do NOT have to look for additional sources of sugar.





TONY ASHMEADE, 53, TAMPA

“Three strokes and you’re out – NOT ME!”

Diabetes Can Lead to Serious Complications

“Over 12 years ago, I went to my doctor for a routine checkup. He said my blood sugar readings were elevated and that we would need to watch it, so he put me on medications to control the blood sugar.”

“I had no idea I was diabetic, but I was overweight. I would stop at the gas station while working and get the “super size” sodas – full of sugar. I ate a lot and I drank a lot – especially the sodas and juices all day long. My body was trying to tell me something was wrong and I wasn’t listening.”

“Actually, I was on diabetes medication for several years before I had my first stroke in 2001. I had a lot of stress from work, but I know that diabetes is a major risk factor for strokes. I had a second stroke in 2004 and a third in 2009. I have been amazingly lucky, but if I had paid more attention to the warning signs of diabetes, I might have avoided the strokes. My father had Type 2 diabetes, so that was another risk factor – it ran in my family.”

“My diabetes is under control and I am working to regain the strength and mobility I lost to the strokes. I changed and I am going to beat this!”

Here is what I have learned:

- These strokes were my wake-up calls.
- I had to get my weight down. I have cut down on what I eat and the quantity. Plus, I’ve learned to really limit sugar.
- An added bonus with reduced weight – I have more energy!
- Get a checkup, even if you feel OK. Like me, you may have diabetes and not even know it.

African Americans Can **Prevent Type 2** Diabetes

1. Set goals you can meet and start by making small changes – one or two healthy changes each week.
2. Aim to lose at least 5 – 7% of your current weight – get at least 30 minutes of physical activity each day and eat foods lower in calories and fat.
3. Team up with friends and family for support to help you stick to your program.
4. Make healthy food choices every day – order the smallest size meal instead of the “super-size” at fast food restaurants. Choose fresh fruit and vegetables.
5. Make time to prepare and cook healthy foods – make extra portions and freeze them for days when you are too tired or do not have time to prepare and cook.
6. Cut down on food portion sizes – what you eat now may actually be equal to 2 or 3 standard servings.
7. Choose water to drink instead of sweetened fruit drinks or soda – drink a glass of water 10 minutes before your meal to take the edge off of hunger.
8. Increase your activity level by walking more often – organize walking with family and friends – and take your dog for a long walk!
9. Build physical activity into your day – turn up the music and jam, take the stairs instead of the elevator.
10. Check out NDEP’s free resources to prevent diabetes –

www.YourDiabetesInfo.org

Source: U.S. Department of Health and Human Services’ National Diabetes Education Program

Watch Out for these **Diabetes Symptoms:**

- Blurred vision.
- Numbness or tingling in your feet.
- Persistent hand, feet, face, or leg swelling. Cramping or pain in the legs.
- Frequent urination, especially at night
- Increased thirst
- Increased hunger
- Weight loss
- Fatigue
- Sores that do not heal

Advice from Your Health Professional



Andrew D. Henry, MD
Board Certified Internal Medicine
and Endocrinology, Tampa

“You can’t help the genetics you were handed, but you can change your lifestyle”

“The #1 problem driving the increase in Type 2 diabetes is obesity and sedentary lifestyle. #2 is that people tend to eat late and skip breakfast. Your biggest meal should be at lunch with a smaller one at dinner – and a half-hour walk to burn off the calories.”

“I encourage people to have a blood sugar (glucose) reading if they are experiencing any symptoms of eye, nerve, kidney, or cardiovascular problems such as listed on page 5.”

“Once your doctor determines you have diabetes, you need to get it under treatment and controlled due to serious complications from high cholesterol, high blood pressure and heart disease. Your doctor may also put you on a daily aspirin regimen (usually on 81gram baby aspirin).”

Required screening exams:

- Eye exam (after your glucose readings are under control) each year
- Foot exam each year
- Urine study to detect protein every 1-2 years

ABCs of Diabetes:

Your goal is to reduce or delay diabetes symptoms by keeping these readings in the target range:

- A. A1C (Blood Glucose or Sugar):** less than 7% and checked twice a year. If you have diabetes, it must be checked every 3 months and it must be at less than 6.5%. This allows your doctor to accurately see what your average blood sugar readings were over for the last 3 months.
- B. Blood Pressure:** less than 120/80mmHg and checked twice a year
- C. Cholesterol (LDL):** less than 100 mg/dl and checked once a year (if there is a history of heart disease, that needs to be less than 70 mg/dl)

Two important factors with diabetes:

Gestational Diabetes – When a woman is pregnant, the placenta produces a lot of steroids that raise the blood sugar and can lead to gestational diabetes. It is important that this be treated with insulin for the health of the baby and the mother. 50% of women who develop gestational diabetes will develop Type 2 later on.

Erectile Dysfunction – Uncontrolled diabetes affects the ability for a man to get an erection (different from low testosterone). This is the one reason that will quickly bring a man in to see his endocrinologist.”



T. Merrell Williams, DMD, MS
Board Certified Periodontist,
Tampa

“It is extremely rare to have uncontrolled diabetes & not suffer with periodontal disease.”

“For a person with uncontrolled diabetes, the excess sugar in the blood stream reacts more dramatically with the bacteria in the mouth causing a myriad of periodontal infections.

Gingivitis, the earliest form of periodontal disease occurs when:

- Bleeding and gums become swollen
- Micro abscesses around the teeth
- Bright red or red-purple appearance to gums

“Depending on the severity of the diabetes, rampant bone loss can occur.”

The good news is that if the diabetes is treated, you can get periodontal disease under control.

Periodontal therapy is a life-long battle (there is no cure) so it is important for a diabetic to follow these rules:

- Make sure you are taking prescribed medications for diabetes
- Eat a balanced, healthy diet (avoid processed and “fast” food)
- Visit your dentist every three months to remove plaque”

Your Diabetes Care Team

YOU - the most important member - your diabetes care team will depend on you to talk to them honestly and supply information about your body.

PRIMARY DOCTOR - the doctor you see for general checkups will most likely head up your diabetes care team.

ENDOCRINOLOGIST - a doctor who has special training and experience in treating people with diabetes.

DIETITIAN - food is a key part of your diabetes treatment.

NURSE EDUCATOR - a registered nurse (RN) with special training and background in caring for and teaching people with diabetes.

EYE DOCTOR - diabetes can affect the blood vessels in the eyes.

PODIATRIST - trained to treat feet and problems of the lower legs. Diabetes can cause nerve damage in the extremities and lead to amputation.

DENTIST - people with diabetes are at greater - and earlier - risk of gum disease.

EXERCISE TRAINER – to plan your fitness program - along with your doctor.

Source: American Diabetes Association

Diabetic Neuropathies

Nerve Damage

People with diabetes can, over time, develop nerve damage throughout the body. Some people with nerve damage have no symptoms or are often minor at first. Because most nerve damage occurs over several years, mild cases may go unnoticed for a long time. Nerve problems can occur in every organ system, including the digestive tract, heart, and sex organs.

Symptoms of nerve damage may include:

- Numbness, tingling, or pain in the toes, feet, legs, hands, arms, and fingers
- Wasting of the muscles of the feet or hands
- Indigestion, nausea, or vomiting
- Diarrhea or constipation
- Dizziness or faintness due to a drop in blood pressure after standing or sitting up
- Problems with urination
- Erectile dysfunction in men or vaginal dryness in women
- Weakness

Sources: National Institute of Diabetes and Digestive and Kidney Diseases. National Diabetes Statistics, 2007. U.S. Department of Health and Human Services.

How to Lower Your Risk of Diabetes

You Are What You Eat

Carolyn Collins, MPA, RD, LD/N
Clinical Nutrition Specialist,
Tampa General Hospital



Reading Food Labels:

Learning how to read and understand food labels can help you make healthier choices. Here are some tips for making the most of the information on the Nutrition Facts label:

Remember, the information shown is based upon 2,000 calories a day, which may be too much or too little for your age, gender, activity level and other factors.

To understand reading labels and the nutritional impact of foods, you must be able to determine the caloric value of each major nutrient. **The calories per gram of fat (9) are 2.3 times greater than for carbohydrate (4 grams) and protein (4 grams).**

All carbohydrates convert to sugar in the blood (glucose), and overeating may result in a percentage of protein and fat that have the potential to produce sugar in the blood (glucose).

Six Things You Need To Watch For:

Despite being regulated by the FDA, food manufacturers can and do give confusing and misleading information on the Nutrition Facts labels.

- SERVING SIZE:** many processed foods that are packaged in one container as a single serving actually contain 2 or more servings
- EXEMPT INGREDIENTS** – food labels list ingredients in descending order: the largest amount first. Ingredients may be listed many times under different names to make their amount appear smaller (especially sugars);
- ALL NATURAL** – these may include unnatural ingredients. The term has no nutritional meaning and is not regulated by the FDA.
- FREE FROM ...** - FDA allows this phrase for up to 0.5 grams per serving (“gluten-free” or “alcohol-free”)
- UNFAMILIAR TERMS** - Watch for ingredients that come under many names
- MISLEADING INGREDIENT CLAIMS** – foods that claim health ingredients, but do not contain them or miniscule amounts (blueberry waffles with no blueberries, etc.)

EXAMPLE: KELLOGG'S EGGO NUTRI-GRAIN WAFFLES
– the label says it is made with whole wheat and whole grain, but it is mostly white flour and very little whole wheat or whole grain by volume

Source: American Dietetic Association www.eatright.org
American Heart Association

Nutrition Facts Label from Kellogg's Eggo Nutri-Grain Waffles
made with 6 grams of Whole Wheat

Nutrition Facts		
Serving Size 2 Waffles		
Servings Per Container 4		
Amount Per Serving		
	Per Serving	Per Waffle
Calories	170	80
Calories from Fat	50	25
Total Fat 10g	20%	10%
Saturated Fat 1.5g	9%	4%
Trans Fat 0g	8%	4%
Cholesterol 0mg	0%	0%
Sodium 400mg	17%	8%
Potassium 95mg	3%	1%
Total Carbohydrate 26g	9%	4%
Dietary Fiber 3g	10%	4%
Sugars 3g		
Other Carbohydrates 20g		
Protein 4g	2%	1%
Vitamin A	20%	10%
Vitamin C	0%	0%
Calcium	0%	0%
Iron	10%	4%
Thiamin	20%	10%
Riboflavin	20%	10%
Niacin	20%	10%
Vitamin B6	20%	10%
Folic Acid	20%	10%
Vitamin B12	8%	4%
Phosphorus	20%	10%

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	25g
Protein	50g	65g

Check the size of a single serving and how many servings in package

Check total calories per serving and how many you are actually (2 servings = twice the amount)

Limit these nutrients (no more than 56-78 grams of fat a day)

Look for healthy carbohydrates (no more than 300g per day)

Limit foods with added sugars

Get 100% of Daily Value each day

Look for foods that are rich in these nutrients

% Daily Value is a key to a balanced diet

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID, WATER, WHOLE WHEAT FLOUR, VEGETABLE OIL (SOYBEAN OIL, PALM OIL AND PALM KERNEL OIL WITH TBHQ AND CITRIC ACID FOR FRESHNESS), EGG WHITES, WHEAT BRAN, SUGAR, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE, SALT, CALCIUM CARBONATE, MALT FLAVORING, WHEAT, SOY LECITHIN, VITAMIN A PALMITATE, NIACINA, WIDE REDUCED IRON, THIAMIN HYDROCHLORIDE (VITAMIN B1), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), CALCIUM PANTOTHENATE, FOLIC ACID, VITAMIN B12

CONTAINS: WHEAT, EGG, MILK AND SOY INGREDIENTS

Ingredients are listed in order according to quantity - the largest portions are listed first. Be sure to watch out for sugars listed under many different names (that really adds up), and confusing names (if you can't pronounce it, you probably don't want to eat it).

Focus on Fitness

Julie Williamson
Certified Personal Trainer



Exercise is very important in managing Type 2 diabetes and helps control the disease by:

- Improving your body's use of insulin.
- Burning excess body fat, helping to decrease and control weight.
- Improving muscle strength.
- Increasing bone density and strength.
- Lowering blood pressure.
- Helping to protect against heart and blood vessel disease by lowering "bad" LDL cholesterol and increasing "good" HDL cholesterol.
- Improving blood circulation and reducing your risk of heart disease.
- Increasing energy level and enhancing work capacity.
- Reducing stress, promoting relaxation and releasing tension and anxiety. Make sure you consult with your doctor before you begin an exercise program.

Consult your physician for the best exercise and diet plan

Source: WebMD.com

Local Health Resources for Information and Assistance

American Cancer Society (patient services)
(727) 546-9822

American Diabetes Association – Tampa
(support, education and literacy)
(813) 885-5007

Boys & Girl's Clubs (youth programs)

- Boy's & Girl's Clubs of Tampa Bay
www.bgctampafl.org
(813) 875-5771
- Boy's & Girl's Clubs of the Suncoast
www.bgcuncoast.org
(727) 524-2427

Children's Board of Hillsborough County
(children & families)
www.dreamsworthgrowing.com
(813) 229-2884

Crisis Center of Tampa Bay:
www.211atyourfingertips.org
2-1-1

Family Support Resource Center
www.familysupporthc.org
(813) 233-2800

Florida Kid Care (child health insurance)
www.floridakidcare.org
(888) 540-5437

Florida WIC (Women, Infants, Children)
(nutrition program for moms and babies)
www.floridawic.org
(813) 307-8074

Healthy Start Coalition
(maternal & child health care)

Hillsborough County (813) 233-2800
www.healthystartcoalition.org

Pinellas County (727) 507-6330
www.healthystartpinellas.org

Hillsborough County Anti-Drug Alliance
(smoking cessation)
(813) 367-5536

Hillsborough County Health Department
(public health programs)
www.hillscountyhealth.org
(813) 307-8015

Hillsborough Family Healthcare
(free or reduced cost healthcare clinics)
(813) 242-5414

Hillsborough HealthCare Program (medical care and prescriptions for limited income):

Hillsborough Social Services:
www.hillsboroughcounty.org

Help Us Help You!

We want to know what is important and helpful to you. Please take a quick survey on the web about this newsletter by clicking on:

<http://bit.ly/HealthyTogether10>

We really appreciate your help!

Mary Lee's House
(child protection & advocacy)
www.maryleeshouse.org
(813) 250-6650

Mid-Town Health Council & FAB Families
(reducing health disparities in Pinellas County)
www.stpetefabfamilies.com
(727) 321-9444

Moffitt Cancer Center
M-POWER

- Witness Project**
- KIP Kidz**
- Haitian Initiative**
www.moffitt.org/diversity

Tampa Bay Community Cancer Network
www.tbccn.org
(888) MOFFITT (663-3488)

Pinellas County Health Department
(public health programs)
www.pinellashealth.com
(727) 824-6900

Prime Time Sister Circles
(wellness program for AA women 40-70 years)
(813) 849-9355

REACH-UP (Respond, Educate, Advocate, Collaborate for Health)
www.reachupincorporated.org
(813) 971-3000

Sickle Cell Disease Association

- St. Petersburg (727) 896-2355
- Hillsborough (813) 247-5999

Tampa Family Health Centers
www.tampachc.com
(813) 866-0930

USF Diabetes Center
(information for families)
(813) 974-2201

USF Health Quit Smoking Now
(813) 929-1000

YMCA (health programs)

- Tampa Metropolitan YMCA
www.tampaymca.org
(813) 224-9622
- YMCA of Greater St. Petersburg
www.stpeteymca.org
(727) 895-9622
- YMCA of the Suncoast
www.suncoastymca.org
(727) 467-9622

Websites for Healthier Living Diabetes Health:

American Heart Association
<http://iknowdiabetes.org>

American Diabetes Association
www.diabetes.org

Black Healthcare
www.blackhealthcare.com/BHC/Diabetes/Description.asp

National Diabetes Education Program (NDEP)
www.YourDiabetesInfo.org
www.ndep.nih.gov/diabetes

USF Diabetes Center
<http://diabetes.health.usf.edu>

National Diabetes Information Clearinghouse
www.diabetes.niddk.nih.gov/dm/pubs/africanamerican

The Neuropathy Association
www.neuropathy.org

Your Diabetes Care Team
<http://diabetes.webmd.com/guide/diabetes-health-care-team>

African-American Health:

Black Infant Health:
www.healthystartcoalition.org

Medline Plus (health information)
www.nlm.nih.gov/medlineplus/africanamericanhealth.html

Office of Minority Health:
<http://minorityhealth.hhs.gov>

Sickle Cell Disease Association of America:
www.sicklecelldisease.org

Sisterhood is Healthy:
www.everydaychoices.org/sisterhood

Start for A Healthier Lifestyle:
www.blackhealthcare.com

Women's Health:
www.womenshealth.gov/minority/africanamerican

General Health:

American Cancer Society
www.cancer.org

American Heart Association
www.heart.org

Go Red for Women Campaign:
www.goredforwomen.org

Health information
www.webmd.com

Heart Hub for Patients
www.hearthub.org/

My Heart Now
www.myheartnow.com

National Patient Safety Foundation:
www.npsf.org/askme3

PLAY 60 (child exercise)
www.nflrush.com

Spark People (fitness and nutrition)
www.sparkpeople.com

Stroke Association:
www.strokeassociation.org

Prescriptions/Drugs:

Health information
<http://www.webmd.com>

Patient Assistance programs:
www.rxassist.org/pap-info/default.cfm

Pfizer Patient Assistance programs:
www.pfizerhelpfulanswers.com

Smoking Cessation:

American Lung Association:
www.lungusa.org and www.lungfla.org

My Time to Quit:
www.mytimetoquit.com

Florida Quit Line:
<http://floridaquitline.com>
(877) 822-6669

Tobacco Free Florida:
<http://tobaccofreeflorida.com>