



Diabetes

THE WAY OF THE HEART: THE PROMOTORA INSTITUTE

In the United States, one half of the 16 million people with Diabetes do not know they have the disease. Knowledge of the symptoms of Diabetes is important in discovering the disease in its early stages when it is most manageable.

Symptoms can be:

- * fatigue, * thirst, * frequent urination, * hunger,
- * rapid weight loss, * blurry vision, * sexual dysfunction,
- * numbness or tingling in the hands and feet

Complications can result in serious conditions like blindness, kidney failure, cardiovascular disease, foot and neurological problems.

The Diabetes program will teach you to:

- understand your body and how the disease affects it;
- monitor your glucose levels;
- manage complications with diet and exercise;
- help family members prevent the onset of symptoms;
- care for your feet; and
- get screened regularly.

If you would like more information on home visits, group presentations, or support groups please contact promotora de salud, Norma Cardenas. Individual Diabetes classes are held upon request.



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... improving the quality of life and health status of residents in the U.S./Mexico border region through health education, training, referral and advocacy.

All services are free to the public.