

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

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For Immediate Release

NOVEMBER IS NATIONAL DIABETES MONTH

Learn more about risk factors, prevention and management

(Martin County, FL) The Florida Department of Health in Martin County (FL-DOH Martin) and Florida Community Health Centers (FCHC) are joining forces to help raise awareness during National Diabetes month and World Diabetes Day on November 14. This year's theme is "Be Smart About Your Heart: Control the ABCs of Diabetes".

Diabetes is a group of diseases marked by high levels of blood glucose resulting from problems in how insulin is produced and how it works within the body.

Throughout the month of November, FL-DOH Martin and FCHC will provide fact sheets and information aimed at helping clients learn more about risk factors for diabetes, diabetes management as well as the link between diabetes and the increased risk for heart disease.

A special booklet entitled, "Small Steps, Big Rewards. Your GAME PLAN to Prevent Type 2 Diabetes" is available at the health department in Stuart at 3441 SE Willoughby Blvd., while supplies last. Log on to www.MartinCountyHealth.com to learn more and take the "Type 2 Diabetes Risk" test.

According to the National Diabetes Education program, one in four Americans with diabetes has it and doesn't know it. In addition, nearly 29 million people in the United States, age 20 years or older have been diagnosed with diabetes. Complications and conditions from diabetes include heart disease and stroke, vision problems and kidney disease.

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