

Are you at high risk for diabetes?

To find out, please put a check next to the questions below that apply to you.

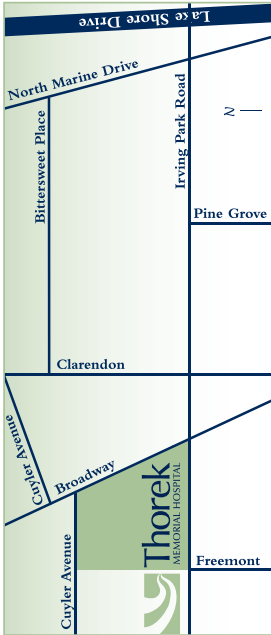
- ☐ I am older than 45 years old
- ☐ I have had diabetes during a previous pregnancy
- ☐ I have excess body weight, especially around my waist
- ☐ My family has a history of diabetes
- ☐ I have given birth to a baby weighing more than 9 pounds
- ☐ I have high blood pressure
- ☐ I don't exercise / I lead a sedentary lifestyle
- ☐ I don't eat very healthy
- ☐ I have, or have had, cardiovascular disease
- ☐ I am Latino/Hispanic, African American, Asian American, Native American or of Pacific Islander ethnicity
- ☐ I am a woman who has an HDL (good cholesterol) below 50 or a man who has an HDL below 40

The more boxes you checked, the higher your risk may be for diabetes. Early detection and treatment can decrease your risk of complications. Call the Diabetes Education and Wellness Center at Thorek to discuss your options with one of our staff today.

773-975-6814 (English), 773-975-1156 (Spanish)



Diabetes Education & Wellness Center
850 W. Irving Park Road
Chicago, IL 60613
773-975-6814 (English)
772-975-1156 (Spanish)



Diabetes

Education & Wellness Center



We Specialize in You





Diabetes is a disease in which a person's body does not produce or properly use insulin, a hormone that is essential in converting sugar, starches and other food into energy needed for daily life.

Today, there are over 20 million people living with diabetes in the United States. While the cause of diabetes continues to remain unknown, we do know that genetics and lifestyle factors can play an important role. Being overweight, of Hispanic or Native American descent, or the child of a parent with diabetes, are all factors that could increase your likelihood of becoming diabetic.

The good news is that diabetes is a very treatable and manageable disease. With the right education and support, your chance of experiencing health complications that come from diabetes - such as blindness, kidney failure, or amputation - can be greatly reduced.

Diabetes Education & Wellness Center

Our Goal

Our goal is to empower people living with diabetes, through education and support, to take an active role in their own health and well-being. We understand that knowledge is essential when it comes to diabetes management, and that in many cases, success is directly affected by the amount of support a person living with diabetes receives.

Because we know that a patient's knowledge of their condition is truly the key for successful diabetes treatment, we offer a wide array of services and education to help those who come to our center live a full, healthy and active life.

Services & Education Available

Patients will work closely with a registered nurse, who is also a Certified Diabetes Educator, to develop a personalized education and treatment plan. This plan can include:

- Blood glucose meter instruction
- Development of individualized meal plan/medical nutrition therapy
- Personal goal setting and problem solving
- Insulin instruction
- Insulin pump therapy
- Referrals and linkage of individuals to a primary care provider, podiatrist or a licensed professional counselor as needed.

Educational Classes

The Diabetes Education & Wellness Center also offers patients individual and group classes, focusing on topics such as:

- What is Diabetes?
- Exercise Guidelines
- Eating Right with Diabetes
- ABC's of Diabetes – A1C, Blood Pressure and Cholesterol
- Carbohydrate Counting
- Foot Care
- Reducing the Risk of Complications from Diabetes

English and Spanish classes are currently being offered in two convenient locations:

North Side Location

Thorek Memorial Hospital
850 W. Irving Park Road
Chicago, IL 60613

Downtown Location

30 S. Michigan Avenue, Suite 500
Chicago, IL 60603

Classes are offered in the daytime, evenings and on Saturdays to accommodate our patients' schedules.

For class schedules, more information, or to sign up to attend a session, please call the center at:

English Line: 773-975-6814

Spanish Line: 773-975-1156

Or visit us online at **www.thorek.org**.