

I Want to Know!

How high is my risk for heart attack with type 2 diabetes?

Your risk for a future heart attack is as high as the risk for a person without diabetes who has known heart disease. This suggests that risk factors for heart disease, such as smoking, high blood pressure, and high blood cholesterol levels, should be treated very aggressively in people with diabetes. Some experts even feel that people with type 2 diabetes should be treated with medication as if they already have heart disease. So if your diabetes care team suggests specific treatment to lower your risk of heart attack, you should strongly consider giving it a try.

February Support Group Meetings

Feb. 2, 2010—Littleton Senior Center: 11am–12pm

Feb. 10, 2010—J.W. Faison Center: 10am–11am

Feb. 10, 2010—Jordan Seaboard Center: 3pm–4pm

Feb. 16, 2010—Halifax Health Link: 10am–11am

Feb. 18, 2010—RHG at Scotland Neck: 12pm–1pm

Feb. 25, 2010—Medical Clinic of Enfield: 12pm–1pm

All meetings are free and the public is always invited. You do not have to be a patient at Rural Health Group to attend!



Questions or concerns on what you've seen in here??

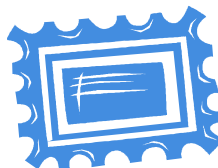
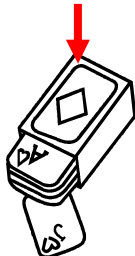
Call Marie Jones at 252-536-5887.

WHAT IS A SENSIBLE SERVING SIZE????



PAIR OF DICE =
1 OUNCE CHEESE

DECK OF CARDS =
2 TO 3 OUNCES MEAT



POSTAGE STAMP =
1 TSP BUTTER

PING PONG BALL =
2 TBSP PEANUT BUTTER

