

WHO CAN JOIN

THE PROJECT?

- ◇ We are looking for people age 18 and older who have the diagnosis of diabetes and are interested in reducing their risk of cardiovascular disease.
- ◇ You should be willing to participate in monthly clinic visits with a case manager.
- ◇ You should be willing to stay in the project for up to 3 years.

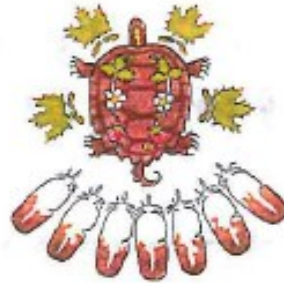
HOW CAN I JOIN

THE PROJECT?

- ⇒ Let the project staff know that you are interested in volunteering for the project.
- ⇒ They will schedule you for a medical visit to confirm that you are eligible.
- ⇒ If you are interested in volunteering for the project, we will explain the project to you & answer any questions.

WHERE CAN I GET MORE INFORMATION ON THIS PROJECT?

LITTLE TRAVERSE BAY BANDS OF ODAWA INDIANS COMMUNITY HEALTH DEPARTMENT



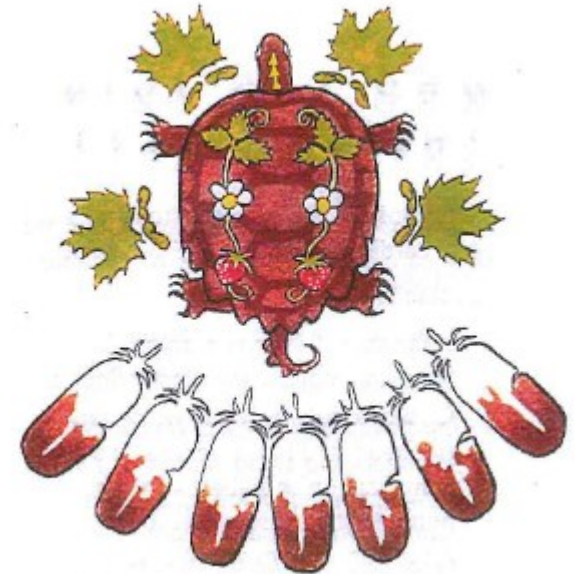
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SDPI

Health Heart Project



LITTLE TRAVERSE BAY BANDS

OF

ODAWA INDIANS COMMUNITY HEALTH

DEPARTMENT

MNO ODE

HEALTH HEART COORDINATOR

MICHELE KESHICK, BS, RN, CDE

DIANE BOTT, HEALTHY HEART

SPECIALIST



INDIAN HEALTH SERVICES

SPECIAL DIABETES PROGRAM FOR INDIANS

WHO CAN JOIN THE PROJECT?

The purpose of the project is to reduce the risk of cardiovascular disease in people with diabetes.

- ✓ Diabetes is a serious problem for American Indians and Alaska Natives
- ✓ Cardiovascular disease, which affects the heart and blood vessels, is a major complication of diabetes and the number one cause of death for American Indians and Alaska Natives

Research has shown that it is possible to reduce your risk of cardiovascular disease by:

- * Controlling blood pressure, cholesterol, and glucose levels
- * Stopping smoking
- * Taking an aspirin a day
- * Losing weight through a healthier diet and physical activity

We are looking for volunteers with diabetes to participate in our new project, which includes case management services, more clinic visits, a wide range of appropriate medications, and education to reduce risk for cardiovascular disease.

COULD I HAVE HEART DISEASE?

Most people do not know if they have cardiovascular disease until they have an emergency, such as a heart attack or stroke.

You could have heart disease if:

- You have diabetes
- You have high blood pressure
- You have high cholesterol levels
- Your blood glucose (sugar) is too high
- You weigh more than you should

WHY SHOULD I JOIN THE SDPI HEALTHY HEART PROJECT?

The Health Heart Project can help you in several ways:

- We will watch your health closely
- You will get free checkups and other medical tests
- You will take classes on managing your diabetes and reducing your risk for cardiovascular disease
- You may be able to delay or avoid getting cardiovascular disease by participating in this project
- You will help us learn the best ways to prevent cardiovascular disease
- Transportation is available by appointment. A 72 hour notice is required.

Taking part in this project is voluntary.

