

ANCHOR LEDE

Heart month continues...and if you have diabetes, listen up.....you're at a higher risk for heart disease and related issues in your limbs.

TAKE VO

OSF HealthCare cardiologist Doctor Ash Al-Dadah [ALL // DAH-dah] advises to monitor your glucose levels, be active, and cut out high carb food.

SOT

Ash Al-Dadah

OSF HealthCare cardiologist

“It’s a tough task. But with repetition and practice comes perfection. If you keep doing it daily, you’ll be able to master your diet in order to reduce your glucose levels and get control over your diabetes. It also leads to weight loss, which is the most helpful thing reduce the risk of diabetes complications.” (:21)

VO TAG

If you have shortness of breath...or you notice you can't do as much physical activity as you used to...see a doctor.