

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. Tim Ditman of OSF HealthCare has more from a local expert.

~~~

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

BITE

I'm Tim Ditman.

~~~

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.