

Diabetes and heart health: Listen, act, prevent

*****SOT*****

**Dr. Ash Al-Dadah [ALL // DAH-dah]
OSF HealthCare cardiologist**

“There’s a decline in the functional capacity. You’re doing less than what you did a few months ago because symptoms are limiting you. Rest tends to be the only alleviating factor.” (:13)

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“Skin is the largest organ in the body. It acts like a wall to defend the body that is sterile from germs that could lead to gangrene.” (:10)

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OSF HealthCare cardiologist**

“Spending 20 minutes doing some of these activities four to five times a week is very heart healthy. It tends to reduce the risk of heart disease and control glucose levels.” (:12)

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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)