Contact Us

Use this pamphlet to learn more about diet, exercise, diabetes, and high blood pressure

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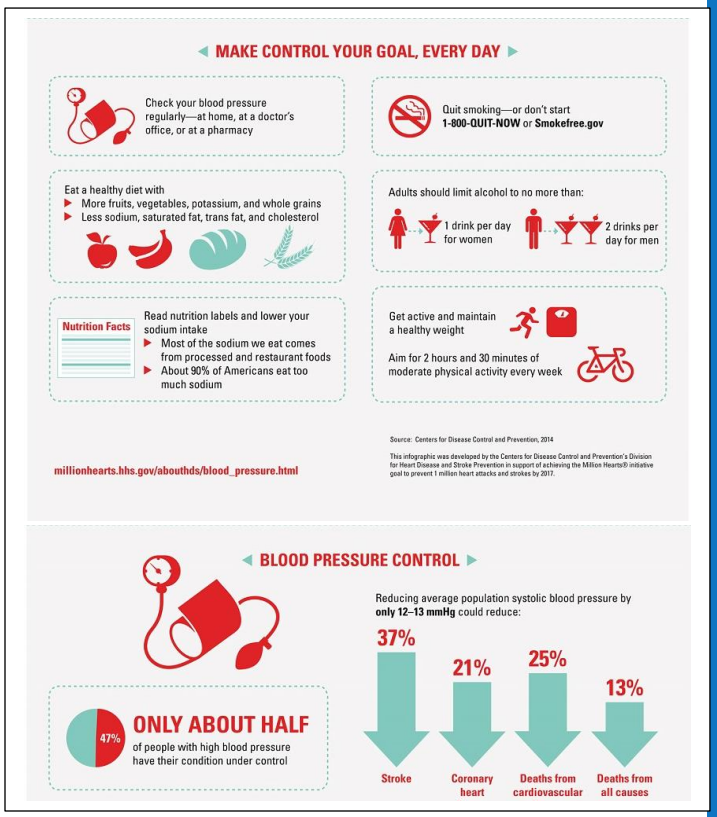
HEALTHCARE

Abenaki Health Screening

Warrick Sahene



High blood pressure (hypertension)

Definition: Blood pressure is the measurement of force your heart uses to deliver blood to organs all around your body. As this value increases, your risk for heart attack, stroke, and chronic kidney disease also increases. Scan the QR code below for more information on blood pressure management

BP readings: ___/___ ___/___ ___/___

Record your blood pressures in these spaces.
Example: 120/80

Diabetes

Definition

Type 2 diabetes is a disorder that disrupts the way your body uses sugar. Cells in your body need sugar for basic function. Using a hormone made by an organ called the pancreas, insulin allows sugar to enter the cell to support cell function. If there is not enough insulin or the body stops responding to insulin, sugar builds up in the blood leading to diabetes.

There are two types of diabetes:

Type 1: The pancreas does not make enough insulin

Type 2: The body stops responding to insulin and overtime the pancreas stops making insulin

Blood sugars: ___ ___ ___ ___

Health Maintenance

Recreational tobacco cessation: Call 1800-784-8669

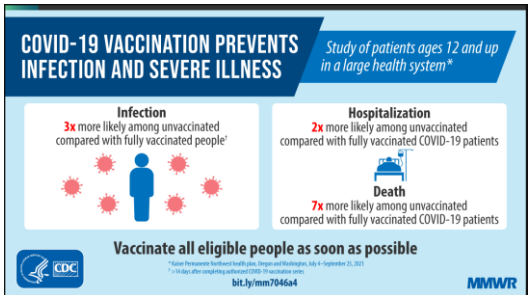
Dentist: www.vsds.org/for-the-public/find-a-dentist

Primary care provider information:

Name:

Provider:

Number:



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