



Diabetes Awareness Month

Almost 26 million people in the U.S., roughly 8 percent of the population have diabetes. Another 79 million people have pre-diabetes, a condition in which blood glucose levels are higher than normal. Many of these people will be diagnosed with Type 2 diabetes within 10 years. People who have diabetes are two to four times more likely to have a stroke than people who do not have diabetes. They also tend to develop heart disease or have strokes at an earlier age than people without diabetes. Knowing this, it's important to understand the connection between diabetes and stroke, recognize the risk factors and take steps to stay healthy.

Another reason for the strong connection between diabetes and stroke is that some risk factors for stroke are also risk factors for diabetes. Pre-diabetes, sometimes

called metabolic syndrome, is a cluster of four conditions that are all related to metabolism. Having two or more of the conditions at the same time can increase your risk of both diabetes and stroke. These conditions include: an "apple" shape or obesity concentrated around your waist, high blood pressure, high blood glucose levels, high cholesterol.

For more information visit stroke.org.

SSEEO Toll-free Lunch and Learn Series

Women and Stroke

Presented by:

Yvonne, Curran, MD,

Vascular Neurology and Stroke, Northwestern Medicine

Stroke Survivors: Wendy Barrash and Erin Gianaras



Topics for the call:

- Myth vs. Fact about Stroke
- Symptoms of Stroke in Women
- Women's Unique Risk Factors
- Shared Stories of Women and Stroke

When: Tuesday, December 11th, Noon - 1:00 pm cst

Where: Right in your home, office, use as a community outreach activity or stroke support meeting.

Call Toll Free Number: 1-800-920-7487 Passcode: 66523867#

[December Teleconference Flyer](#)

Special Thanks

The SSEEO Board of Directors would like to thank Keith Terry, founder of Terry Performances Group, Inc. for facilitating SSEEO's Strategic Planning meeting on Saturday, September 29th.



With 25 years of experience as a senior executive-turned-entrepreneur, Keith is a trusted advisor who solves problems, trains and coach's executives and professionals from a variety of industries, both for profit and not-for-profit. Keith has enjoyed

phenomenal success in growing bottom line results by building and innovating global brands as well as getting ordinary teams to a heightened level of performance, getting team members more engaged and effective in their increased leadership skills.

For more information visit www.terryperformancegroup.com

Thoughts from a caregiver...

November is National Family Caregivers month. SSEEO would like to recognize and thank those that help take care of their loved ones. This is a time to celebrate the contribution of those volunteer friends and family members who support a loved one with their health or managing a disability.



SSEEO recently held the Caregiver's Forum teleconference. Caregivers shared their stories and struggles. Feedback from the call was amazing.

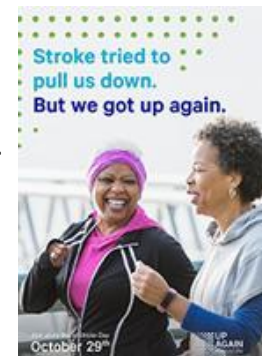
"Thank you. I listened yesterday. It made me remember my father when he suffered with his stroke. I gained more new perspectives on life and gained much truths about family crisis. My life lessons: Live fully. Live your best life. Tomorrow is not promised, guaranteed or to be taken for granted."

To listen to the recorded Caregiver's Forum, please visit sseeo.org.

World Stroke Day Event

World Stroke Day is observed on October 29 to underscore the serious nature and high rates of stroke, raise awareness of the prevention and treatment of the condition, and ensure better care and support for survivors. This year's theme is support for life after stroke, #UpAgainAfterStroke.

In recognition of World Stroke Day, Mark Egelston, stroke survivor and SSEEO Board Member and Christine Winiecki, SSEEO Director shared a SSEEO presentation at Advocate Lutheran General Hospital. There were over 35 attendees who heard Mark share his stroke journey along with SSEEO programs and the [Stroke Survivor 2 Survivor \(SS2S\)](#) telephone peer support program. Many stroke survivors and caregivers in attendance asked how they could give back and join SSEEO and the SS2S program.



SSEEO

P.O. BOX 855 LOMBARD IL 60148
1(888) 988-8047
E-mail

Together *WE* can
make a difference.

Stay Connected



 [Forward to a Friend](#)