

## Health Education

**Diabetes** is a chronic disease, which affects millions of people all over the world. Diabetes cannot be cured but can be managed. There is Type 1 and Type 2 Diabetes. Type 2 Diabetes occurs in about 90 per cent of people. It is caused by obesity, family history and during pregnancy, by gestational problems. The refugee and immigrant communities in the Chicago area are given education about awareness, prevention, and management of diabetes through workshop and group counseling on regular basis.

Other communicable diseases are HIV/AIDS and Hepatitis A, B. There is screening and immunization for Hepatitis A and B for all ages.

**HIV/AIDS** education on awareness, prevention, and management is also given regularly in the form of workshop and the distribution of flyers.

### **Childhood Vaccine Preventable Diseases**

Each year, thousands of children become ill from diseases that could have been prevented by basic childhood immunizations. Countless more miss time from day care and school because they are ill or under-immunized.

During the week of April 25 to May 2, Ethiopian Community Association of Chicago observed National Infant Immunization Week (NIIW). During this week, parents, caregivers, and health care providers were reminded of the benefits and importance of routine childhood vaccination.

“Immunization is one of the most important steps parents can take to help their children grow up to be strong and healthy. We can prevent millions of cases of disease and thousands of deaths in children each year through immunization”, said Dr. Schuchat, director of the Centers for Disease Control’s, National Center for Immunization and Respiratory Diseases.

There are now vaccines to protect children against 14 diseases before age 2, when they are most vulnerable. Make sure your children are protected. Ask your doctor or nurse if your children are up to date with their immunizations. For more information on vaccines, please visit <http://www.cdc.gov/vaccines>

If you would like to know where vaccines are available at low cost, please call: Amsale Gabre @ Ethiopian Community Association of Chicago, phone 773-728-0303 Ext.21.