FREE SLEEP APNEA TREATMENT EDUCATION EVENT
Fred Lin, MD, Chief of the Division of Sleep Surgery, will discuss a breakthrough sleep apnea treatment, known as Inspire Therapy, for individuals struggling with the CPAP regimen.
DATE: Monday, November 6
TIME: 6 – 7 pm
LOCATION: The Mount Sinai Hospital
1470 Madison Avenue between 101st and 102nd Streets
Hess Center for Science and Medicine
2nd Floor, Seminar Room B
To RSVP for this event, visit www.InspireSleep.com.
SPONSORED BY: The Mount Sinai Hospital

SICKLE CELL DISEASE SUPPORT GROUP
This is an open support group for individuals living with sickle cell disease.
DATE: Thursday, November 16
TIME: 1 - 2 pm
LOCATION: The Mount Sinai Hospital
1470 Madison Avenue between 101st and 102nd Streets
Ruttenberg Treatment Center, 3rd Floor, Resource Room
For more information, call 212-824-7858.
SPONSORED BY: The Mount Sinai Hospital

BREAST OR OVARIAN CANCER SUPPORT GROUP FOR SPANISH SPEAKERS
DATE: Wednesday, November 8
TIME: 12:30 – 1:30 pm
LOCATION: Mount Sinai St. Luke’s
1090 Amsterdam Avenue
10th Floor, Salon A
For more information, call 212-221-1626.
SPONSORED BY: Mount Sinai St. Luke’s

LEGALHEALTH (NYLAG) CLINIC
Lawyers are available to provide guidance on health-related matters.
DATE: Thursday, November 16
TIME: 10 am - 2 pm
LOCATION: Mount Sinai Chelsea
325 West 15th Street between 8th and 9th Avenues
Medical Oncology Conference Room J
Appointments must be made in advance.
For more information, or to RSVP, please call 212-844-6292.
SPONSORED BY: Cancer Supportive Services

PARKINSON’S DISEASE SUPPORT GROUP
DATE: Thursday, November 9
TIME: 2 - 4 pm
LOCATION: Mount Sinai Union Square
10 Union Square East
Levy Conference Center, 5th Floor, Room 5K04
For more information, call 212-844-8482.
SPONSORED BY: Mount Sinai Downtown’s Movement Disorders Center

FREE DIABETES CLASSES
These classes will review how to implement healthy self-care for those with type 2 diabetes and pre-diabetes.
DATE: Tuesday, November 21
TIME: 5:15 – 6:45 pm
LOCATION: The Diabetes Center at Mount Sinai
5 East 98th Street between Madison and 5th Avenues, 3rd Floor
For more information, call 212-241-3244.
SPONSORED BY: The Mount Sinai Hospital

Diabetes Prevention Tips

Stay active
Research shows that exercising for 2.5 hours each week decreases the risk of developing type 2 diabetes by 58 percent.

Know your numbers
Have your cholesterol, blood pressure, and blood sugar checked every year by your doctor, especially if you have a family history of diabetes or think you may be at risk.

Lose weight
Reducing your weight by 5 to 7 percent can delay or prevent type 2 diabetes. Limit foods that are processed and high in sugar and fat.