



## Disease Education and Prevention

Mission: Cardiac disease, cancer, and diabetes are among the most serious health problems in American. Thousands of people in our local community are affected by these diseases as well. Disease Education and Prevention aspires to connect Park Ridge residents to local organizations to help manage and overcome these disease states.

Organizations that can provide general information related to disease education and prevention:

[The American Heart Association](#)

[The American Cancer Society](#)

[American Diabetes Association](#)

Specialized service in Focus Area:

### Cardiology

Cardiac rehabilitation reduces the risk of a future cardiac event by stabilizing, slowing or even reversing the progression of cardiovascular disease. Patients with valve repair and heart failure also benefit from exercise rehabilitation. Participation in cardiac rehabilitation results in decrease mortality and reduced symptoms (angina, dyspnea, fatigue). - *American Heart Association Fact Sheet, 2013.*

Local Cardiac Rehabilitation Programs:

[Advocate Lutheran General](#)

[Avantara Park Ridge](#)

### Cancer

Cancer treatment options in Park Ridge:

[Center for Cancer Care](#)

[ALGH Cancer Survivorship Center](#)

Free services and fitness classes for Cancer patients and survivors, includes a breast cancer support group

### Diabetes Support Groups

[Presence Resurrection Medical Center](#)

[Meet Up](#)

### Other Free Medical Services

[Park Ridge Community Church Medical Equipment Lending Closet](#)