

# Take a Loved One to the Doctor Day

Tuesday October 13, 2009



On this special day each year we focus on prevention by emphasizing the simple things we can do to reduce the risk of many of the most threatening health problems including heart disease, stroke, diabetes and cancer. This one preventive measure can help add years to your life. Preventable diseases take a terrible toll on minority communities. "Doctor Day" is about bringing people to health care early, when diseases can be prevented or treated successfully. It is also about creating awareness, providing information and motivating our people to make healthier lifestyle choices.



There is compelling evidence that race and ethnicity correlate with persistent, and often increasing health disparities among U.S. populations; this imbalance demands national attention. Despite notable progress in the overall health of the nation, there are continuing disparities in the burden of illness and death experienced by African Americans.

Even if you feel fine, it is still important to see your health care provider regularly to check for potential problems. Certain symptoms such as high blood sugar and high cholesterol levels often do not produce any symptoms until advanced disease has occurred.

*Visit to Health Care Professional*  
*Take a list of your concerns*  
*A description of symptoms*  
*A notepad*  
*A trusted friend or relative*



"Take a Loved One to the Doctor Day" is a life project of the National Black Catholic Apostolate for Life

[www.blackcatholicsforlife.org](http://www.blackcatholicsforlife.org)

