



Cardiometabolic Health



Patient Wellness Clinic

Are Your Numbers Putting You at Risk?

Obesity is the most common chronic disease in the United States. Maintaining a healthy weight is crucial for overall well-being and for cardiovascular health. Early diagnosis and treatment can prevent the onset and progression of cardiovascular disease and decrease individual risk. People who are overweight or obese are at increased risk for many serious diseases and cardiometabolic health conditions that can decrease your lifespan by up to eight years and cost you an additional \$1,800 to \$3,000 in healthcare costs per year.



Cardiometabolic risk factors are a group of common – but often preventable – conditions that often occur together, and are a cause of heart and vascular disease and are a major cause of

- **Excess weight**
- **13 types of cancer**
- **sugars: type 2 diabetes and prediabetes/insulin resistance/gestational diabetes**
- **sleep apnea**
- **heart disease**
- **stroke**
- **high blood pressure**
- **high cholesterol**
- **depression**

When combined together, the risk for early and severe cardiovascular disease (such as heart attack, stroke, and more) is even greater. It's important to adopt safe, effective and individualized changes which lead to weight loss for better health, changes that can also be maintained over time. Working with a healthcare provider to adopt evidence-based, personalized healthy changes is always the best solution.

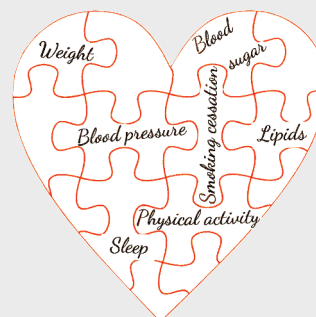
***Adopt healthy habits, lose weight,
and maintain your weight loss***

Cardiometabolic Health Clinic

Norwalk Community Health Center, in partnership with Norwalk Hospital Internal Medicine Residency Program, offers integrated cardiometabolic management services for ages 18 and up, within our Cardiometabolic Health Clinic.

After an initial health assessment and consultation, you will work with your cardiometabolic clinic physician to make an **individualized** plan to improve your cardiovascular health. Your plan may include one or a combination of elements such as

- Exercise
- Nutrition/diet plans
- Medication
- Behavioral Health (such as stress management)
- Ongoing education, follow-up, and counseling



***If you think your numbers may put you at risk,
ask your healthcare provider about our
Cardiometabolic Health Clinic.***

Welcome to Norwalk Community Health Center.

Since 1999, generations of men and women throughout Fairfield County and beyond have entrusted their health care and the well being of their children and families to us. We take that trust – and your health – seriously.

Norwalk Community Health Center is rated among the top community health centers in the nation.

We are dedicated to maintaining the high quality of care we provide our patients – from newborns to seniors – that enriches the lives at every stage and leads our community toward achieving its best possible health.

Norwalk Community Health Center Services Include:

Coordination with Norwalk Community Health Center's dental, behavioral health and telepsychiatry, pediatric, internal medicine, and women's health teams • Health and Wellness Management Clinics
On-site Pharmacy and Lab • Referral to specialists/community resources as needed

Norwalk Community Health Center, Inc.

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