Concerned that the number of diabetic children in the United States had doubled in the past 15 years, Nova Southeastern University and the National Institute of Diabetes and Digestive and Kidney Diseases launched the IDEA initiative. The program provides classes and hands-on workshops and activities to the community, with the ADA providing nutrition and diabetes education, and Nova offering education in pharmacology and other clinical aspects.

The program has students and faculty from NSU’s College of Health Care Sciences working together in teams, planning, scheduling, and running the workshops and hosting them in the community. The ADA provides nutrition and diabetes education, and Nova offers education in pharmacology and other clinical aspects.

The workshops, which are free and open to the public, are held twice a month from 2 to 4 p.m. on the first Thursday and the third Wednesday of each month at the DeLuna Center, 3400 S. University Drive, Davie. For more information, call 954-678-2273, go to nova.edu/chcs/idea, or email NSU-IDEA@nova.edu.

Today: Meditation Management, 2 p.m.
March 15: Diabetes and Exercise, 10 a.m.; Diabetes and Healthy Eating, 8 p.m.
March 20: Diabetes and Children/Youth, 10 a.m.
April 6: Diabetes and Medication Management, 2 p.m.
April 12: Power Over Diabetes, An Overview, 1 p.m.; Diabetes and Exercise, 11 a.m.
April 26: Diabetes and Nutrition: Diet in the Practice of Medicine, 11 a.m.

Workshop schedule

The following sessions will be offered in the Nursing Simulations Lab at NSU’s University Park R341, 3400 S. University Drive, Davie. For more information, call 954-670-2723, go to nova.edu/chcs/idea, or email NSU-IDEA@nova.edu.

Today: Nutrition and Diabetes, 10 a.m.
March 8: Diabetes and Eye Health, 1 p.m.
March 15: Diabetes and Exercise, 10 a.m.; Diabetes and Healthy Eating, 8 p.m.
March 20: Diabetes and Children/Youth, 10 a.m.
April 6: Diabetes and Medication Management, 2 p.m.
April 12: Power Over Diabetes, An Overview, 1 p.m.; Diabetes and Exercise, 11 a.m.

A great food compa ny makes good on calorie pledge

Food companies make good on calorie pledge

A group of big food compa nies has pledged to reduce 1.5 trillion calories from their products over the next 10 years, a move that could help consumers make healthier choices and improve overall health.

The pledge was signed by 16 companies, including General Mills, Kellogg, PepsiCo, and Unilever, and comes as part of a broader effort by the Food and Drug Administration to reduce calorie intake among Americans.

The pledge builds on previous commitments by the companies to improve the nutritional profile of their products, and it is expected to have a significant impact on public health.

The companies have committed to reducing calories from their products by 10% by 2022, compared to their baseline levels from 2016. This would translate to a reduction of 1.5 trillion calories over the next 10 years.

The pledge includes a variety of products, such as snacks, beverages, and prepared meals. The companies have also committed to reducing calories from their products for children and youth, a population that is at higher risk for obesity.

The pledge is part of a larger effort by the food industry to improve the nutritional profile of their products and promote healthy eating. In recent years, many companies have introduced new products and reformulated existing ones to reduce calories, saturated fat, and sodium.

The pledge is also part of a broader effort by the government to reduce calorie intake among Americans. In 2016, the Food and Drug Administration released a proposal to require calorie labels on food packages, which would make it easier for consumers to make informed choices.

The pledge is seen as a positive development for public health, as reduced calorie intake is associated with lower rates of obesity, type 2 diabetes, and other chronic diseases.

The pledge is expected to have a significant impact on public health, as reducing calorie intake is associated with lower rates of obesity, type 2 diabetes, and other chronic diseases.

For a consultation call 866-639-DOCTOR, or visit clevelandclinicflorida.org for more information.

Oxytocin nasal spray should not be used for autism

There’s a new oxytocin nasal spray that can help my autistic nephew become more socially engaged, but is it safe? And where can I get it?

Marla L. Hartfield, Tavares

Oxytocin is a hormone that promotes bonding and social behavior. People with autism can benefit from increases in oxytocin levels, which can improve social interactions and reduce social anxiety.

In some cases, oxytocin nasal sprays have been used to help people with autism, but these sprays are not approved by the FDA for this purpose. They are not safe for all people and should only be used under the supervision of a healthcare provider.

Some studies have shown that oxytocin nasal sprays can help people with autism gain social skills and improve their ability to communicate.

But there are risks associated with the use of oxytocin nasal sprays. These sprays can cause side effects, such as headaches, dizziness, and nausea.

Before using an oxytocin nasal spray, it is important to talk to your healthcare provider about the potential benefits and risks and to discuss alternative treatments.

In need of heart care? We’re your best choice for a great outcome.

800.639.DOCCTOR
clevelandclinicflorida.com/heart

Same-day appointments available.

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