

News Release for Immediate Use or Next Issue  
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## **K-State Extension Wants to Help You Take Charge of Your Health, Register Today for the Upcoming Chronic Disease Self-Management Program**

The Chronic Disease Self-Management Program (CDSMP) was originally developed at Stanford University Patient Education Research Center. In a five-year research project, the CDSMP was evaluated in a randomized study involving more than 1000 subjects. This study found that people who took the program when compared to people who did not take the program, improved their healthful behaviors (exercise, coping skills, and communications with physicians), improved their health status (fatigue, disability, social activities), and decreased their days in the hospital. Studies by others had similar results.

This is so important because millions of adults live with one or more chronic health conditions. I'm thinking of arthritis, heart disease, diabetes, Parkinson's Disease, and others.

How these people manage their conditions on a day-to-day basis greatly determines their symptoms and quality of life.

Even if we have long-term conditions we want to continue doing the things we need and want to do. At the same time, there are challenges such as pain, depression, fatigue, disability, and anxiety. Relationships with friends and family change. We may not know how to use our limited time with healthcare providers.

This is where the CDSMP comes in. The CDSMP helps people and their caregivers manage their symptoms, improve quality of life, and reduce healthcare costs.

It is hoped that each person will leave the program with new ideas and a commitment to try a new tool to manage their long-term condition.

The CDSMP is a workshop for adults with at least one chronic health condition. That might be a chronic lung disease, bipolar disorder, high blood pressure, IBS, chronic pain, chronic heartburn, HIV, diabetes, or other conditions.

This interactive program aims to increase confidence, physical and psychological well-being, knowledge of ways to manage chronic conditions, and motivation to manage challenges associated with chronic diseases.

There will be interactive educational activities like discussions, brainstorming sessions, and action planning. There will also be symptom management activities like breathing exercises and relaxation activities.

If you would like to learn more about the program, its history, and maybe some of the research behind it, I highly encourage you to check out the website [selfmanagementresource.com](http://selfmanagementresource.com).

The program is FREE. Participants will also receive a free copy of a wonderful book titled *Living a Healthy Life with Chronic Conditions*.

We will meet a total of six times. The meetings will be at the Republic County Hospital in Belleville. The meetings will be on Thursdays from 10:00 AM to noon, starting on Thursday, March 14. Light refreshments will be provided.

Jordan and I are capping this program at 18 participants, so please register. You can do so by calling your local Extension Office.

Questions can be directed to Kaitlin Moore, Concordia office, at 785-243-8185, or Jordan Schuette, Washington Office, at 785-325-2121.