

Managing Chronic Disease

L'Tanya
Gilchrist, CHW



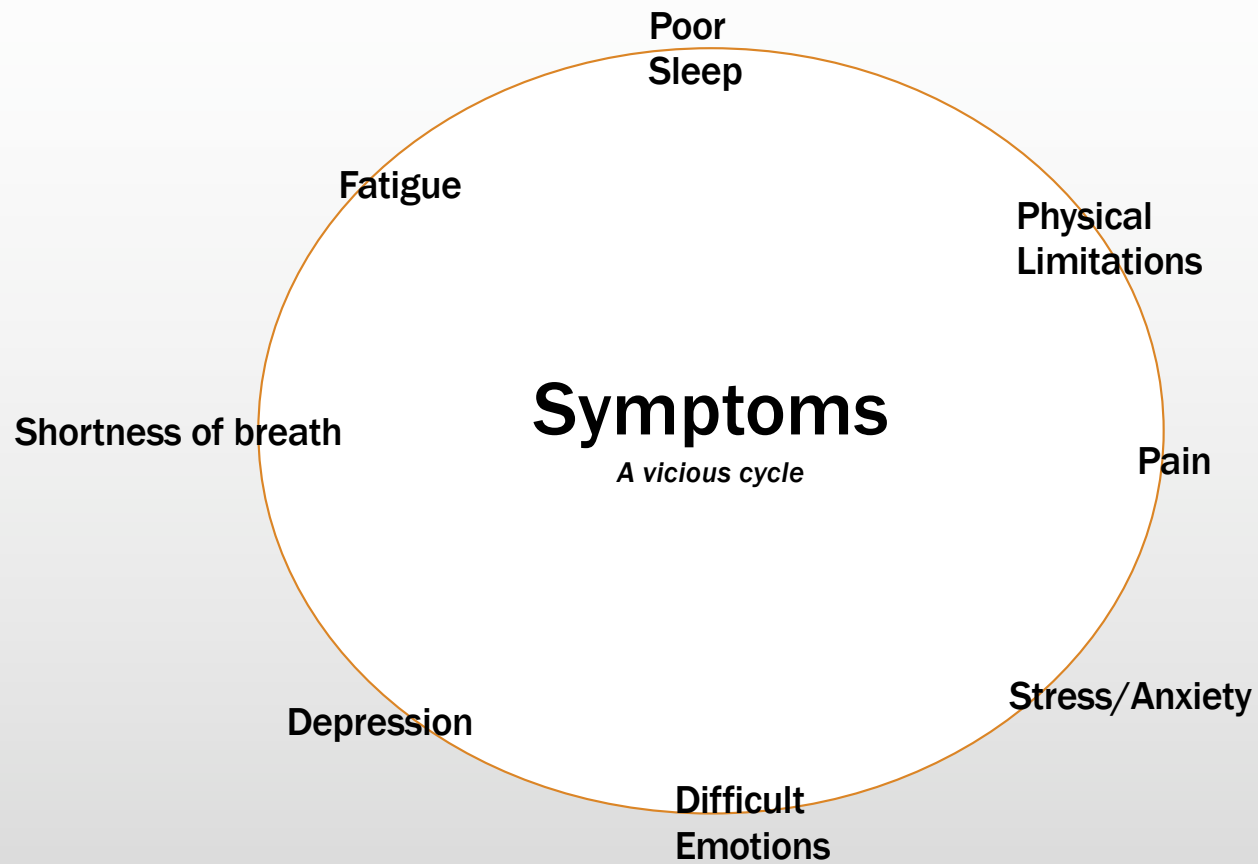
What is Chronic Disease?

Chronic disease is defined as an illness that starts out slowly and later progresses into more problematic symptoms that can result in the loss of physical or mental functions

What causes Chronic Disease?

Chronic diseases usually have multiple causes that may vary over time including genetic, biological, environmental, and physiological factors

Chronic Disease



Chronic Disease



Most chronic diseases go up and down in intensity and cause you to become more aware of you body

Medications and Treatment



Learning How to Self-Manage



Self-Management Skills

Remember this...

- **You are not to blame yourself for your illness**
- **Get a support team together**
- **You are more than a disease**
- **Deal with your emotions**
- **Move forward with your life**

There is Help available

**Durham County Department of Public Health
offers a
Chronic Disease Self-Management Class**

For more information

**L'Tanya D Gilchrist
Durham Chronic Care Initiative
919-698-1853**

Questions

