

Community Health Coalition, Inc.  
 308 Crutchfield Street P. O. Box 15176  
 Durham, NC 27704  
 Tel: (919) 470-8680 [www.chealthc.org](http://www.chealthc.org)  
[healthcoali@gmail.com](mailto:healthcoali@gmail.com)  
[www.facebook.com/chealthc](https://www.facebook.com/chealthc) [www.twitter.com/chealthc](https://www.twitter.com/chealthc)

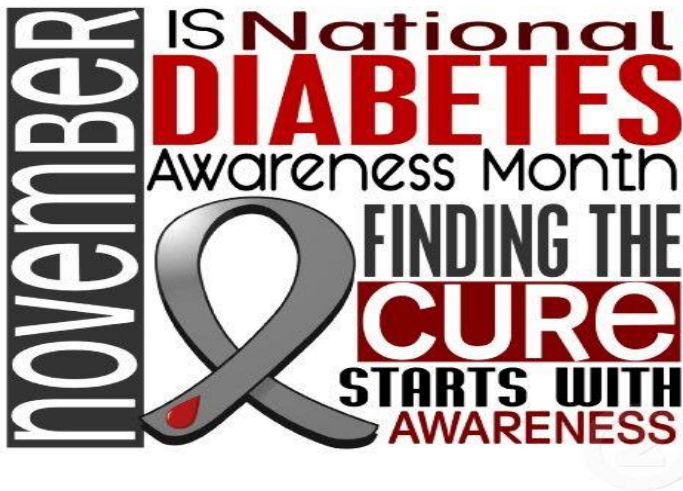


Improving the health of Durham  
 & NC communities since 1989

**November 2018**

**Healthy Sunday Topics: Diabetes, Lung Cancer & Organ Donation Awareness**

**Diabetes Awareness**



Diabetes is one of the leading causes of death and disability in the United States. It is of even greater significance in the African American community.

According to the Centers for Disease Control and Prevention (CDC): In 2015

- 84.1 million people had prediabetes which put them at risk for developing diabetes.
- An estimated 30.3 million people of all ages had diabetes.
- 7.2 million were not aware of or did not report having diabetes.
- Compared to non-Hispanic whites, the rates of undiagnosed and diagnosed diabetes was higher among Asians, non-Hispanic blacks, and Hispanics.

**Dr. Bryan Batch, MD- Assistant Professor and Duke Endocrinologist states** “Even more concerning is the fact that diabetes is the leading cause of blindness, kidney failure, and lower limb amputations among adults in the United States. The good news is diet, exercise and weight loss can help prevent diabetes or control diabetes and reduce the risk of complications from the disease. Each individual has the power to make changes in their lifestyle!”



**Bryan Batch, MD**

**Risk Factors:**

**Genetics:** family history; “diabetes runs in families”.

**Pre-diabetes:** “sugar” is high but not high enough to be diagnosed with diabetes. Studies have shown that people with pre-diabetes who lose weight and increase their physical activity can prevent or delay diabetes and even return their blood glucose levels to normal.

**Gestational diabetes or high glucose in pregnancy:** diabetes or glucose intolerance in pregnancy. Gestational diabetes occurs more frequently among African Americans. It is also more common among obese women and women with a family history of diabetes. After pregnancy, women with gestational diabetes have a 35 to 60 percent chance of developing diabetes in the next 10 to 20 years.

**Obesity:** Diet changes and exercise can delay and prevent Type 2 diabetes.

**Physical Activity:** lack of physical activity among African Americans is a factor contributing to diabetes in our community.

**Symptoms of Diabetes:**

Frequent urination  
 Excessive thirst and hunger  
 Unusual Weight Loss

Slow healing skin infections  
 Frequent infections  
 Increased Fatigue

Blurred Vision  
 Tingling/numbness in hands or feet

## Lung Cancer Awareness

Lung Cancer is the leading cause of cancer death in men and women in the United States. Experts estimate that over 200,000 new cases of lung cancer will be diagnosed each year, slightly more cases in men than women. The percentage of African-American men diagnosed with lung cancer each year is at least 30% higher than among white men, even though they have similar rates of smoking as white men.



**Common Symptoms of Lung Cancer** may include: breathing trouble; such as shortness of breath; constant chest pain; a hoarse voice; persistent cough that will not go away; and coughing up blood. **Remember the Great American SmokeOut Day is November 15<sup>th</sup>. Make a plan to quit, or plan in advance and then quit smoking as planned! Go to the link below to find out more:**  
<https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>

## Organ Donation Awareness

In the United States, the most commonly transplanted organs are the kidney, liver, heart, lungs, pancreas and intestines. On any given day there are around 75,000 people on the active waiting list for organs, but only around 8,000 deceased organ donors each year. Therefore, there is a large gap between the need for organs and what's available. This gap continues to become larger as we the pace at which we put people on the waitlist is much higher than our ability to identify organ donors.



Julius Wilder, MD, PhD

Minority populations are over represented among individuals who need an organ transplant. People of African American/Black, Asian/Pacific Islander, Hispanic/Latino, American Indian/Alaska Native and multiracial descent currently make up nearly 58% of individuals on the national organ transplant waiting list, but are underrepresented in terms of being organ donors. **According to Dr. Julius Wilder, MD, PhD, Assistant Professor and Duke Gastroenterologist,** "We must all register to become organ donors, but this issue is even more crucial for minority populations because of the improved outcomes in many circumstances when receiving an organ from an individual of the same race or ethnicity."

## **Remember the ABC's**

**A - Always exercise regularly.**

**B - Be your own advocate. Become an organ donor.**

**C - Control your risk factors. Stop Smoking. Monitor your blood glucose & blood pressure.**

## **For More Information:**

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

[www.cdc.org](http://www.cdc.org) – Center for Disease Control and Prevention.

[www.organdonor.gov](http://www.organdonor.gov)

[www.chealthc.org](http://www.chealthc.org) to become an organ donor

## **To Donate:**

Please Make a Donation to Community Health Coalition through SECC or PayPal: Did you know that Community Health Coalition is an approved SECC charity? If you are a state employee or retiree, choose (Code 3770) to send your SECC gift to us! Thank you.



Click below to make a payment ↓

<http://www.chealthc.org/makeadonation.html>

Thank you.



Health Tip is a message from Community Health Coalition, Inc.  
**REMEMBER Healthy People 2020: A Clear Vision to Healthy Living**