

Community Health Coalition, Inc.



Healthy People  
2020

Improving the health of Durham  
& NC communities since 1989

Community Health Coalition, Inc.

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## Healthy Sunday Topic: Diabetes and Organ Donation

It is estimated that diabetes affects 29.1 million people in the United States and is one of the leading causes of death in Durham County. As many as 8.1 million people have diabetes and don't know it. There are multiple complications of diabetes including eye disease, nerve damage, heart disease, kidney damage and sometimes kidney failure.



**According to Dr. Bryan Batch**, Assistant Professor in Endocrinology, Metabolism, and Nutrition at Duke, **“Getting tested for diabetes is very important because good control of blood sugar and blood pressure can decrease the risk of developing complications related to diabetes. See your health care provider to talk about your risk for diabetes and to discuss what you can do to live a healthier life.”**

Healthy eating is a cornerstone of healthy living — with or without diabetes. But if you have diabetes, you need to know how foods affect your blood sugar levels. It's not only the type of food you eat but also how much you eat and the combinations of food types you eat.

### Dr. Bryan Batch

As much as possible, plan for every meal to have a good mix of starches, fruits, vegetables, proteins, and fats. It's especially important to pay attention to the types of carbohydrates you choose. Some carbohydrates, such as fruits, vegetables and whole grains, are better for you than are others. These foods are low in carbohydrates and contain fiber that helps keep your blood sugar levels more stable. Talk to your doctor, nurse or dietitian about the best food choices and the appropriate balance of food types.

Citation: Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services; 2014

## Organ Donation

There are some individuals who will develop end stage kidney disease because of damage to the kidneys from diabetes. Once individuals develop kidney failure they require dialysis or a kidney transplant to survive. In 2008 it was estimated that a total of 202, 290 people with end stage kidney disease secondary to diabetes were on chronic dialysis or living with a transplant. It is important to help save lives by becoming an organ donor.

### **You Have the Power to Save Lives**



As you read this over 120,000 people are waiting for a life-saving organ transplant, with about 3,400 waiting right here in North Carolina. You can bring hope to those waiting and to their families, by joining the NC Donor Registry.

Joining the registry means that you have chosen to make some or all of your organs and tissue available for transplant at the time of your death.

Over 28,000 people began new lives in 2011 thanks to organ transplants and to individuals like you who chose to register.

### **REMEMBER**

**A**lways exercise regularly, **B**ecome an organ donor, **C**ontrol and monitor your blood glucose and blood pressure

**Give life by becoming an organ donor**

**Call: 919-470-8680**

**Visit our website: [www.chealthc.org](http://www.chealthc.org)**



**Health Tip is a message from Community Health Coalition, Inc.** and is written in partnership with Durham Academy of Medicine, Dentistry & Pharmacy, Central Carolina Black Nurses' Council Inc., The Interdenominational Ministerial Alliance of Durham and Vicinity, and Duke Regional Hospital.

***REMEMBER Healthy People 2020: A Clear Vision to Healthy Living!***