



Date: November 22, 2015

Diabetes and you: Making powerful lifestyle changes that will lead to better health

Diabetes has become more common in the United States in both children and adults and is more common in minority groups.



Did you know?

- 29 million people in the United States have diabetes
- 8.1 million people have undiagnosed diabetes
- 86 million people have pre-diabetes which puts them at risk for diabetes
- 1/2 of all Hispanic men and women and Black women are predicted to develop diabetes in their lifetime.
- Potential complications from diabetes include heart disease, kidney disease, eye disease and amputations.

Risk factors for diabetes:

- Older than 45years
- Overweight/obese
- First degree relative with type 2 diabetes
- Minority groups
- History of diabetes during pregnancy

Warning signs or symptoms of diabetes:

- Frequent urination
- Unusual weight loss
- Blurred vision
- Excessive thirst and hunger
- Increased fatigue
- Slow healing skin infections
- Tingling or numbness in the hands or feet

What can you DO about your diabetes?

- Focus less on following a “diet” and focus more on making lifestyle choices that last a lifetime
 - Lifestyle changes include: making healthier food choices and increasing physical activity
- Take prescribed medications
- Visit your doctor on a regular basis.

Bryan C Batch, MD, a Duke endocrinologist states, “Changing your diet and being more physically active can decrease the risk of diabetes and lead to better health overall.”



Bryan C. Batch, MD

Examples of healthy dietary changes include:

1. Eat smaller portions of food.
2. Eat less carbohydrates (starches). Foods like bread, rice, potatoes and pasta are high in carbohydrates.
3. Eat less saturated fat. Some foods that are high in saturated fat include fried foods, red meat, desserts, whole fat dairy products (milk and cheese).
4. Eat more fiber by eating more whole-grain foods. Whole grains can be found in breakfast cereals made with 100% whole grains, oatmeal, whole grain rice and whole-wheat bread.
5. Eat a variety of fruits and vegetables (fresh, frozen or canned) every day.
6. Drink less juice, fruit flavored drinks, soda and tea or coffee sweetened with sugar.
7. Use less salt in cooking and eat fewer foods that are high in salt like canned and package soups, canned vegetables, pickles, processed meats.

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

You can bring hope to those waiting and their families by joining the NC Donor Registry by going to our website www.chealthc.org or by calling (919) 470-8680

REMEMBER

Always exercise regularly, **B**ecome an organ donor, **C**ontrol & monitor your blood glucose & blood pressure.

For more information, please refer to the following websites:

- American Association of Diabetes Educators <http://www.diabeteseducator.org>
- American Diabetes Association <http://www.diabetes.org>

Please Make A Donation 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.**



Go to <http://www.chealthc.org/makeadonation.html>
Thank you.

Health Tip is a message from Community Health Coalition, Inc. and is written in partnership with Central Carolina Black Nurses' Council Inc., The Interdenominational Ministerial Alliance of Durham and Vicinity, NC Mutual Life Insurance Company and Duke Regional Hospital.

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