

Community Health Coalition, Inc.

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Community Health Coalition, Inc.



Healthy People
2030

Improving the health of Durham
& NC communities since 1989

Diabetes and Organ Donation Awareness

November 2020 - November is National Diabetes Month!

Diabetes

Dr. Bryan Batch, Associate Professor & Endocrinologist at Duke states:

“ Diabetes is the leading cause of blindness, kidney failure, and lower limb amputations among adults in the United States. It is of even greater significance in the African American community. 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. Individuals have the power to make changes in their lifestyles that can make a difference!”



Bryan Batch, MD, MHS – Associate Professor
and Endocrinologist at Duke

Simple Steps to Manage Diabetes and Prevent Complications:

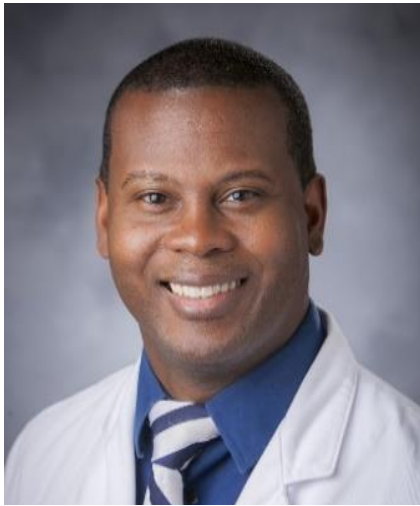
1. Change your diet by eating less starch (carbohydrates), cutting out ALL sugar sweetened beverages (soda, juice, sweet tea) and eating smaller portions at each meal.
2. Increase physical activity.
3. Lose weight.
4. Take medications as prescribed.
5. Monitor your blood sugar and take your blood sugar log to your medical provider for her/him to review.
6. Be aware of the goals for your blood pressure and cholesterol.
7. Get a yearly eye exam.
8. Check your feet daily. Report rashes, wounds to your medical provider.
9. Ask your medical provider at each visit about ways you can improve your blood sugars.



Important Facts about COVID-19 and Diabetes:

1. People with diabetes have an increased risk of serious complications from COVID-19.
2. Your risk of serious illness from COVID-19 is likely to be less if your blood sugars are well controlled.
3. Wearing a mask over your nose and mouth, washing your hands often and keeping a safe distance from others can prevent the spread of COVID-19.
4. If you develop symptoms of COVID-19 call your medical provider. In addition:
 - *Keep a log of your blood sugars to share with your medical provider.
 - *Stay well hydrated.

Organ Donation



Julius Wilder, MD, PhD – Assistant Professor and Gastroenterologist at Duke

In the United States, the most commonly transplanted organs are the kidney, liver, heart, lungs, pancreas and intestines. There is a large gap between the need for organs and what is available. This gap continues to grow. The number of people on the waitlist is far higher than the number of available organ donors. Minority populations are overrepresented 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 they 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 because of the need. This issue is even more crucial for minority populations because of the improved outcomes in certain circumstances when receiving an organ from an individual of the same race or ethnicity.”**

COVID-19 and Organ Donation:

Transplants involving deceased donors continued uninterrupted even during the height of the COVID-19 pandemic. Recipients of organs from living donors typically do not have the same urgency as those awaiting organs from deceased donors and these cases are considered elective in nature. Therefore, as COVID-19 cases soared last March, almost all U.S. transplant centers suspended living donor transplants for a period. Those shutdowns led to a decrease in living donor transplants nationwide.

ABCs of Prevention & Managing Diabetes, and on Becoming an Organ Donor:

1. **A**lways change your diet by cutting out ALL sugar sweetened beverages (soda, juice, sweet tea) and eating smaller portions at each meal.
2. **B**e your own advocate. Become an organ donor.
3. **C**ontrol and lose weight by increasing your physical activity.

For More Information:

www.diabetes.org

www.cdc.org – Center for Disease Control and Prevention.

www.organdonor.gov

www.donatelifenc.org

Please Consider Giving to Community Health Coalition, Inc. through SECC or PayPal: Did you know that Community Health Coalition, Inc. 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.



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Health Tip is a message from Community Health Coalition, Inc.