



## Community Health Coalition, Inc.

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**Date: November 24, 2013**

**Healthy Sunday Topic: Diabetes and Organ Donation**

It is estimated that diabetes affects 25.8 million people in the United States and is one of the leading causes of death in Durham County. There are multiple complications of diabetes including kidney damage and sometimes kidney failure. In fact, diabetes is the leading cause of kidney failure in the United States and accounted for almost half of all new cases of kidney failure in 2008.



**According to Dr. Bryan Batch, an assistant professor in endocrinology, metabolism, and nutrition at Duke,** “good control of blood sugar and blood pressure has been shown to decrease the risk of developing kidney disease related to diabetes. For individuals that already have kidney disease, controlling blood sugar and blood pressure can reduce the risk of worsening kidney disease.”

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.

**Dr. Bryan Batch**

Citation: Centers for Disease Control and Prevention. National diabetes fact sheet: national estimates and general information on diabetes and prediabetes in the United States, 2011. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011

## Organ and Tissue Donation

The need for transplants is very high among ethnic minorities- especially African-Americans and Hispanics. The rate of organ donation in minority communities does not keep pace with the number needing transplants.

African-Americans make up about 22% of North Carolina's overall population but make up 52% of North Carolinians waiting for an organ transplant. Minority patients may have a longer wait for matched kidneys to become available therefore may be sicker at the time of transplant or die waiting.



**RECYCLE  
YOURSELF  
BECOME AN  
ORGAN DONOR**

### REMEMBER

Always exercise regularly, Become an organ donor, Control and monitor your blood glucose and blood pressure

**GIVE LIFE. Become an Organ Donor**

**Call: 919-470-860**

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



Did you know that **Community Health Coalition** is an approved SECC charity for 2013? If you are a state employee or retiree, choose (Code 3770) to send your SECC gift to us! Thank You!

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

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