

The Health Committee wants you to know...

November is

American Diabetes Month®

What Is Diabetes?

Diabetes mellitus (MEL-ih-tus), or simply, diabetes, is a group of diseases characterized by high blood glucose levels that result from defects in the body's ability to produce and/or use insulin.* **Type 2 diabetes** — the most common type of diabetes — is one of the biggest health challenges facing African-Americans, and especially African-American women. African Americans are twice as likely to be diagnosed with diabetes as non-Hispanic whites and, today, one in four African-American women older than 55 has diabetes.**

* American Diabetes Association

** WomensHealth.gov

What are the symptoms of Type 2 Diabetes[‡]?

- Frequent urination
- Unusual thirst
- Unusual weight loss
- Extreme fatigue and irritability
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections

[‡]Often people with type 2 diabetes have no symptoms. Talk to your doctor about diabetes in your family. Get your blood pressure, cholesterol levels, and blood sugar levels checked regularly, as advised by your doctor.

What Can I Do To Prevent Developing Diabetes?

You can't control some risk factors for type 2 diabetes, such as your age, race, or family history. But you can prevent or delay developing type 2 diabetes by taking these steps:

- **Maintain a healthy weight**
- **Eat low-fat, well-balanced meals**
- **Make physical activity a habit**
- **Limit alcohol intake to no more than 1 drink per day**

Recipe Of The Month

(The Ultimate Diabetes Meal Planner by Jaynie Higgins)

Apple Crisp

Serves 4; Serving size: 1/4 recipe

Ingredients

2 1/2 cups pared and sliced apples
3/8 cup Splenda sweetener
3/8 cup whole-wheat flour
3/8 cup dry oats
1 1/2 Tbsp cinnamon
1 1/2 Tbsp Smart Balance margarine

Preparation

1. Arrange apples in a pan.
2. Combine the Splenda, flour, oats, cinnamon, and margarine until the mixture is crumbly.
3. Press mixture over apples and bake at 350° F for 45 to 50 minutes or until tops are browned.
4. Serve warm.

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