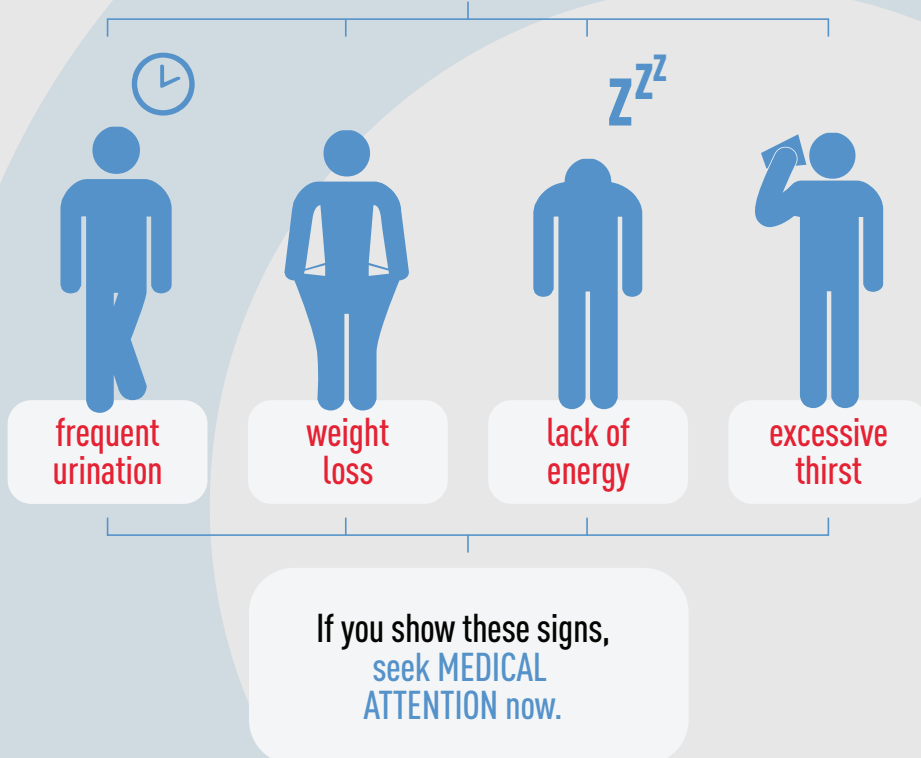


DIABETES WARNING SIGNS

DIABETES RISK FACTORS



These signs can be mild or absent in people with type 2 diabetes



10 million people are diagnosed
with type 2 diabetes each year.
if you think you are at risk
GET TESTED.

Diabetes Awareness

Diabetes is one of the most serious health problems that the African American community faces today.

Diabetes is a disease that leads to high levels of blood sugar (glucose). It happens when the body does not make any or enough insulin, or does not use insulin well. Diabetes can lead to blindness, heart failure, kidney failure, or amputation of a limb.

Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes so if you have any of the symptoms, you should visit a health-care provider right away. By eating healthy and exercising daily you can lessen your risk for diabetes. In Buncombe County, organizations

like the YWCA or ABIPA can help you understand more about your health and how to get in control of your condition.

The YWCA's diabetes management program includes:

- Membership to the YWCA Club W Fitness Center
- Monthly dinners with educational presentations
- Weekly support groups, cooking classes and fitness counseling
- Diabetes education classes by Mission Hospital
- Consultations with a pharmacist

The program is available on a sliding scale and is open to anyone who has two of the four main risk factors for diabetes: low glucose tolerance, family history of diabetes, a sedentary lifestyle, or obesity.

For more information on chronic health conditions, or to get connected to a primary care provider, please contact Katie Souris with the YWCA at (828) 254-7206 ext. 212, or call JeWana Grier-McEachin at ABIPA (Asheville Buncombe Institute of Parity Achievement) at (828) 251-8364.

Buncombe County Partners Improving Health

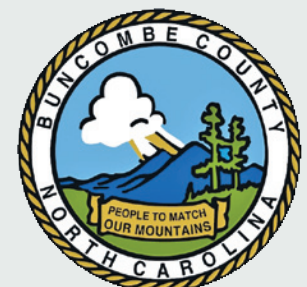
**The Land of Sky Chronic
Disease Self-Management**
(828) 251-7438

**Mt. Zion
Community Development, Inc.**
(828) 350-9821

ABIPA, (828) 251-8364

YWCA, (828) 254-7206

Buncombe County Department of Health & Human Services



Funding provided by the Buncombe
County Minority Health Project.



www.worlddiabetesday.org



world diabetes day
14 November