Diabetes: It’s Not So Sweet - African-Americans at High Risk

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Approximately 2.7 million or 11.4% of all African Americans aged 20 years or older have diabetes, according to the American Diabetes Association. However, one-third of them do not know it. The fact of the matter is that diabetes is a silent killer that is not so sweet!

In ideal situations, African Americans with diabetes will monitor their disease to keep it under control. This includes getting educated about the disease; learning and practicing the skills necessary to better control blood glucose, blood pressure and cholesterol levels; and receiving regular checkups from their doctor. With these steps, maybe we can make diabetes a little easier to control … and make life a little more sweet.

Additional resources:
Full press release

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http://beta.docker.realhealthmag.com/article/Diabetes-It-s-Not-So-Sweet-African-Americans-at-High-Risk-2264-3263