



Managing Your Diabetes You can do it!



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**The goal of this program is to
reduce deaths and the number of
problems caused by diabetes
in African Americans.**



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acknowledge the contributions of:**

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CHAPTER INDEX

Chapter One: Getting Started

**Chapter Two : Making a Change to
Feel Better**

**Chapter Three: Eating Healthy When You
Have Diabetes**

Chapter Four: Getting Regular Exercise

**Chapter Five: Taking Medication for
Diabetes**

Chapter Six: Testing Your Blood Sugar

Chapter Seven: Your Part in Diabetes Care

**Chapter Eight: Problems That Can
Happen Over Time**

Appendix

PREFACE



DID YOU KNOW?

About 1.5 million African Americans have been diagnosed with diabetes.

About 730,000 African Americans have diabetes but do not know they have the disease.

For every 6 white Americans who have diabetes, 10 African Americans have the disease.

Diabetes is more common among middle-aged and older adults and among African American women.

African Americans with diabetes are more likely to develop problems from diabetes. These include kidney disease, heart disease, and blindness. African Americans are also more likely to lose their lower legs.

Diabetes affects 50 to 80 % of African American women during pregnancy.