

THE PEOPLE'S CLINIC

Diabetes continues in epidemic proportions

FROM THE MAYA ANGELOU CENTER FOR HEALTH EQUITY

Diabetes continues to be a significant health issue in our community, and the statistics nationally and in our home state of North Carolina are increasingly alarming.

* 29.1 million people in the US, or 9.3 percent of the population have diabetes.

* Of those, 8.1 million people are unaware that they have the disease.

* It costs nearly \$275 billion each year for diabetes related treatment.

* African-Americans are up to 2.5 times more likely to develop diabetes compared to whites.

* African-Americans are not only more likely to develop Type 2 diabetes, but they are also more likely to suffer from some of the health problems associated with diabetes, such as amputations, kidney disease and blindness.

* In N.C., almost 11 percent of people have diabetes, with two-thirds of those being African-American.

* The Centers for Disease Control (CDC) predict 1 in 3 Americans will have diabetes by 2050.

What is diabetes?

According to the American Diabetes Association (ADA), diabetes is a disease in which the body does not produce or properly use insulin. The cause of diabetes continues to be a mystery, although studies have shown that both genetics (meaning it may run in your family) and environmental factors such as obesity and lack of exercise appear to play a role in developing diabetes. There are four main types of diabetes: Pre-diabetes, Type 1, Type 2 and Gestational. Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Symptoms of diabetes can include: frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurry vision.

Pre-diabetes - Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. There are 54 million Americans who have pre-diabetes, in addition to the 20.8 million with diabetes.

Type 1 diabetes - Type 1 happens when our bodies fail to produce insulin. It is estimated that 5 percent to 10 percent of Americans who are diagnosed with diabetes have type 1 diabetes.

Type 2 diabetes - Type 2 happens when our bodies fail to properly use insulin that we produce. Most Americans who are diagnosed with diabetes have type 2 diabetes, about 90 percent to 95 percent.

Gestational diabetes - Occurs when diabetes develops during pregnancy. Gestational diabetes affects about 4 percent of all pregnant women - about 135,000 cases in the United States each year.

If you are overweight, live a sedentary (inactive) lifestyle, have a family history of diabetes, have pre-diabetes, have high blood pressure, and/or if you are a woman who has had gestational diabetes, you are at risk of developing diabetes.

Diabetes vocabulary
There are many terms

that are used when talking about diabetes and its associated problems, but they are not often explained in a way that is easy to understand. Adapted from the ADA, we have prepared a mini-glossary of diabetes related terms for you below.

Pancreas - an organ that is located behind the stomach, whose job is to produce insulin, along with other hormones. These aid us in digesting the food we eat and using the nutrients and minerals to make our bodies function properly.

Insulin - Produced by the pancreas, insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life.

Insulin Resistance - is a condition in which the cells of our body become resistant to the effects of insulin, that is, the normal response to a given amount of insulin is reduced. As a result, higher levels of insulin are needed in order for insulin to have its effects. IR is often noted as a precursor to pre-diabetes and diabetes.

Things to keep in mind when you are first diagnosed:

It is difficult to hear that you or a loved one have been diagnosed with diabetes, but it's important to keep in mind that the disease is treatable. While it is a serious chronic disease, people with diabetes can still live long, active, healthy lives.

The key to living with diabetes is working with your doctor and other healthcare providers to manage the disease. When you receive your diagnosis, it is crucial that you make time to talk with your healthcare team about your care. Together, you can come up with a treatment plan that will work best for you.

It is so important to take an active role in your health care; after all, your well-being is on the line! There are many treatment options available to you, including oral and/or injection medications. Treatment for diabetes also includes developing a healthy eating plan and increasing your physical activity to maintain a healthy weight.

Let's talk treatment

Whether you have Type 1 or Type 2 diabetes, it is essential that you learn how to monitor your blood glucose ("sugar"), so you can maintain a proper level and avoid problems like hypoglycemia (too low blood sugar), hyperglycemia (too high blood sugar), and ketoacidosis (a build of acids in your blood that can cause someone to go into a coma). Let's talk about the different ways in which we can manage blood glucose.

Lose excess weight. We all know how difficult it is to lose weight, but it is so important for people with diabetes to maintain a healthy body weight. One simple way to determine whether you are overweight is to measure your body mass index (BMI), which is a ratio of your weight to your height. The CDC (www.cdc.gov) has a free BMI calculator on their website under Conditions > Obesity. A BMI of 25 or greater means that you are overweight, and a BMI of 30 or greater means you are obese. Not only does being overweight increase your chances of diabetes complications, but it also increases your risk for other conditions, including heart disease, osteoarthritis, and stroke. A good way

to get started is to calculate 5 percent of your body weight and lose that much. For instance, a person who weighs 200 pounds can lose 10 pounds (5 percent) to take the first steps in reducing their risk for complications.

Eat a healthy diet. This doesn't mean you can never have sweets again! It simply means that sweets need to be eaten only in moderation, as part of a sensible diet, and combined with physical activity. Learning about portion sizes and what counts as a "serving" is crucial. You can talk to a dietician to learn about portion sizes and the types of food you can eat; together, you can develop an eating plan that will work for you and help control your diabetes. Also, to find out how to eat right, you can call the American Diabetes Association. (ADA) has some healthy recipes available for free on their website: www.diabetes.org. The ADA recommends:

* Limiting the amount of calories, fat and saturated fat in your diet is one key. Limiting these foods means eating lean meats, fish or poultry, choosing reduced fat snacks, and cutting back on added fats such as butter or mayonnaise.

* Limiting the portion sizes of your meals, especially when eating out, is very important. Eating foods that are high in fiber also helps keep the blood sugar down and gives you that feeling of "fullness" so you can avoid getting too many calories. Eating whole wheat breads, fruits and vegetables and whole grain cereals are the best choices.

* Limiting the amount of salt that you add when cooking and at the table. This is especially important if you have high blood pressure.

Get moving! Physical activity is important for everyone, especially for people with diabetes. Did you know that being active can help keep blood glucose levels in check? That is because it makes your body more sensitive to insulin. The Diabetes Prevention Program was a large study conducted with people with pre-diabetes for the purpose of learning how to prevent or delay the onset of type 2 diabetes. This study found that exercising just 30 minutes a day 5 or more days out of the week can reduce the risk of developing diabetes or its complications. If you're currently inactive, you may need to work your way up to 30 minutes a day, and that's okay. Remember that it's crucial to talk with your doctor before beginning any exercise regimen to help design a program that will work for you, given your current weight and activity status.

Adhere to your doctor's recommendations for medications. Adherence means that you take your medication exactly as your doctor prescribed all the time.

If you have pre-diabetes or have not been diagnosed with diabetes, but have any of the controllable risk factors, it is critical that you achieve a healthy weight, eat a healthy diet, and increase your physical activity to reduce your risk of developing diabetes. If you have been diagnosed, it's essential to control your diabetes to reduce your risk of complications.

For further information, visit the ADA website at www.diabetes.org. For information about the Maya Angelou Center for Health Equity, visit:

CLASSIFIEDS

LEGAL NOTICES

LEGAL NOTICES

NORTH CAROLINA FORSYTH COUNTY

BEFORE THE COMMUNITY AND BUSINESS DEVELOPMENT DEPARTMENT OF THE CITY OF WINSTON-SALEM HOUSING FILE 2013011256

COMPLAINT AND NOTICE OF HEARING SERVICE BY PUBLICATION

In the Matter of:

Property Located at: 132 N. Dunleith Avenue Winston-Salem, North Carolina, Known as Tax Block 0532 Lot(s) 036 On City County Tax Map

This Complaint and Notice of hearing is drawn and given under the provisions of the Housing Code of the City of Winston-Salem. It appears that the house located at 132 N. Dunleith Avenue, the property being known as Block 0532 Lot(s) 036 is unfit for human habitation under the standards-of-fitness prescribed in the Housing Code of the City of Winston-Salem.

You are hereby notified that a hearing will be held before the undersigned or his designated agent in City Hall South, 100 E. 1st Street, Winston-Salem, North Carolina, at 1:30 pm on the 3rd day of December, 2015, when and where all parties owning or having an interest in the aforesaid property may show cause, if any they have, why an ORDER should not be entered finding said housing to be unfit for human habitation and directing that it be repaired or demolished.

You are further notified that the owner of the aforesaid property and all parties in interest have a right to file an answer to this Complaint in the Office of the undersigned at any time prior to, or at the time set for, the hearing of this matter, and, also, to appear in person, or otherwise, and give testimony at the time and place above fixed.

This notice applies to all next of kin of the property owner(s) of the address at 132 N. Dunleith Avenue including known or unknown heirs, devisees, successors, transferees, legal representatives, (deceased) or any other assigns whether in being or not in being, or en ventre sa mere, including those under mental disability, in the military service, minors, the spouse of each, if any, the beneficiaries or trustees of each, if any, all other persons, firms, or corporations, active or dissolved, foreign or domestic, who now have, or might in any contingency have, or claim, or may hereafter claim, any right, title or interest or estate this property.

Stephanie Stimpson, Code Enforcement Project Supervisor

Date Issued: November 3, 2015

The Chronicle November 12, 2015

AUCTIONS

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REAL ESTATE AUCTION: ±30 Properties Selling in NC & SC Spartanburg Marriott. December 9th 12PM Lyons Group. 888-420-0011. SCAL3630. www.lyons-auctiongroup.com The Ligon Company. NCAL8951

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NORTH CAROLINA FORSYTH COUNTY

BEFORE THE COMMUNITY BUSINESS AND DEVELOPMENT DEPARTMENT OF THE CITY OF WINSTON-SALEM HOUSING FILE NO.2015061307

DEMOLISH ORDER SERVICE BY PUBLICATION

In the Matter of:

Property Located at: 5016 Ohio Ave Winston-Salem, North Carolina, known as Tax Block1649(s) Lot(s)128B on City County Tax Map

This matter being heard before the undersigned employee of the City of Winston-Salem Community and Business Development Department whose assigned duties include the enforcement of the Housing Code, at 1:30 clock on the 2nd day of September, 2015, pursuant to Complaint and Notice of Hearing duly issued by the undersigned and served upon the owner of record and parties in interest as required by law, and appearances having been made by or on behalf of the owners and other parties in interest as follows:

THEREFORE, IT IS ORDERED, ADJUDGED AND DECREED that the structure located at 5016 Ohio Ave, said structure being situated on Block1649 Lot(s) 128B PIN No. 6837-59-8761.00as shown on the City-County Tax Map, fails to comply with the Standards of Fitness as prescribed in the Housing Code of the City of Winston Salem in the respects listed on Exhibit "A" attached to and made part of this Order.

By reason of said deficiencies, said housing is unfit for human habitation. The necessary repairs, alterations, or improvements required to bring said housing up to standards required under the Housing Code of the City of Winston Salem cannot be made at a reasonable cost in relation to the value of the housing, that is, not to exceed sixty-five percent (65%) of the value.

THEREFORE, IT IS ORDERED, ADJUDGED, AND DECREED that the housing located at 5016 Ohio Ave, said housing being situated on Block1649 Lot 128B, Pin No. 6837-59-8761.00as, as shown on the City County Tax Maps, be and the same is hereby condemned as a dwelling unfit for human habitation, and the owner thereof if hereby ORDERED AND DIRECTED to make the necessary repairs to bring said housing into compliance with the Code of the City of Winston-Salem, a copy of said repairs necessary for compliance being Exhibit "A", attached hereto and incorporated herein by reference, within a period of 30 days from service; and, if owner fails to bring said housing into compliance with the Code of the City of Winston-Salem 30 days from the service of the Order, he is hereby ORDERED AND DIRECTED to demolish said housing, and is hereby advised that the undersigned will apply to the City Council of the City of Winston Salem for adoption of a Resolution concurring with this Order of Demolition.

This notice applies to all next of kin of the property owner(s) of the address at 5016 Ohio Ave including known or unknown heirs, devisees, successors, transferees, legal representatives, (deceased) or any other assigns whether in being or not in being, or en ventre sa mere, including those under mental disability, in the military service, minors, the spouse of each, if any, the beneficiaries or trustees of each, if any, all other persons, firms, or corporations, active or dissolved, foreign or domestic, who now have, or might in any contingency have, or claim, or may hereafter claim, any right, title or interest or estate this property.

Stephanie Stimpson, Code Enforcement Senior Project Supervisor

Date Issued: September 23, 2015

The Chronicle November 12, 2015

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