

Home glucose monitoring

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 manufacturer's instructions). One way to test your monitor's accuracy is to check your blood glucose on your meter at the same time you are having blood drawn from your vein at your doctor visit. The two samples should be taken within a minute or two of each other to get the most accurate comparison.

Sophistication - Some meters allow people to enter times of events (like eat-

ing/exercising) and come with software programs that allow the data to be downloaded to a computer so that the results can be displayed to help interpret patterns.

The American Diabetes Association (ADA) publishes a review of available glucose meters and other diabetes supplies in the annual Diabetes Forecast Resource Guide. This publication can be found online at www.diabetes.org. Reviews are also

available online from the FDA at www.fda.gov/diabetes/glucose.html.

Remember, knowledge is power, but it is what you do with it that makes all the difference!

Contribution by Granada Neil, M.D.

For more information about the Maya Angelou Research Center on Minority Health, visit our website at <http://www.wfubmc.edu/minorityhealth>. Or, for health information call 336.713.7578.

Light skin vs. dark skin

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Matthew Harrison, a doctoral student at the University of Georgia, recently presented his research at the 66th annual meeting of the Academy of Management in Atlanta.

"Our results indicate that there appears to be a skin tone preference in regards to job selection," Harrison wrote. "This finding is possibly due to the common belief that fair-skinned blacks probably have more similarities with whites than do dark-skinned blacks, which in turn makes whites feel more comfortable around them."

"I think what was most shocking to me was to find that dark-skinned black males with greater credentials were still recommended less — or seen as less of a candidate — than light-skinned blacks with worse credentials," Harrison told BlackAmericaWeb.com.

Thompson said she was spurred to have this discussion after having a conversation with a friend about skin tone and her own personal experience.

The Charlotte Post

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Do You Love What You Do?

When we are children, one of the best things we do is dream. Ask a group of children what they would like to be when they grow up, and I am sure each one will be able to give you an answer. I believe we were all like that at one point in our lives. When we were children there was no limit to what we believed we could do. We felt like there was nothing impossible for us to achieve. In our hearts, we were planning on living out our dreams for the rest of our lives.

However, somewhere along the way, we became distracted with the cares of the world. Things other than our dreams became our priorities. We began to focus on ways to make a living rather than live our dreams. We may have been told to get our heads out of the clouds and focus on the real world. For many people the real world meant doing anything you had to do to earn enough money for the basics of food, shelter and clothing.

Rarely did we hear someone tell us that since we would have to work anyway, why not choose to do something that we really loved doing. If you were going to earn only enough to cover the basics of life, why not at least do something that we loved doing.

Unfortunately, many people get caught up in jobs simply for the sake of earning enough to get by. They give little thought when they start out as to

whether they will like what they do. When we end up with that kind of job, that is what you would call a dead end job—no matter how much money you may make doing it.

In advising people who are looking for a job, I will ask them what kind of job would they like. All too often their answer is that they will do anything. I then tell them that if they are willing to do anything they most likely will go a long time without anything. It is hard for someone to know what to offer you or help you look for if you are willing to take just anything.

In order to be successful, you must be passionate about something. You need to know what you love. When you know what you love to do, then you know what to look for and others will know what to keep in mind when they are trying to help you.

If you have gotten stuck in a dead-end situation and know you want to go after your dream, perhaps now is the time to start asking yourself the question, "Do I love what I do?" If the answer is no, start thinking about finally giving yourself the chance to find what your heart is really looking for!

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