

OUT OF TRAGEDY COMES INSPIRATION

Pharmacist devotes herself to improving health of people of color worldwide

BY LENORE COLEMAN, PHARMD, CDM, CDE, FASHP FOR THE URBAN SENTINEL



Although I was unable to save my Pastor, since his death my PURPOSE IS CLEAR. On September 6, 1996, my pastor, James Henry, died suddenly in the pulpit while preaching to his congregation. "On that day, "I dedicated myself to changing the state of health of African Americans in the United States as well as those living throughout the African Diaspora.." Over the past 40 years, I have been focused on providing education, training, and health screening where ever the "SLAVE SHIPS LEFT AND LANDED" with a focus on West Africa and the Caribbean.

There are a lot of people that "Talk the Talk but I believe in "Walking the Walk". After the death of my Pastor I decided to leave my Corporate Position in the Pharma Industry and followed through on my NEW SPIRITUAL MISSION. Focused on reversing the death and devastation from diabetes in my community I founded www.healingourvillage.com and www.tlc-global.org., websites geared in people of African Descent that are suffering from chronic disease like diabetes, hypertension, heart failure, obesity and depression. But it takes more just

information to stop the death and dying in our community.

THE PROBLEM

According to the American Diabetes Association, Diabetes is the 7th leading cause of death in the U.S. More Americans die from diabetes every year than from AIDS and breast cancer combined.

Every day 4320 people in the US find out they have diabetes. Adults with diabetes have heart disease death rates about 2 to 4 times higher than adults without diabetes According to the Centers of Disease Control (CDC) 79,535 deaths occur each year due to diabetes.

African American are twice as likely as whites to have diabetes. That means that over 6 million African American in the United States have type 2 diabetes. There are 86 million people in the US with Prediabetes. We know that 1/3 of those folks will go on to develop full blown diabetes. The sad thing is that people with Prediabetes can reduce their risk of developing diabetes by just getting more exercise and eating a low calorie, low fat diet.

We find that most people with diabetes have no idea what their blood sugar should be when they first wake up in the morning or during the day. Here are some Facts About Diabetes that Everyone should know

Fasting Blood Sugar (blood glucose level when you first wake up) – should be between 90-130mg/dL

Hemoglobin A1C (blood test that tells you how well you are controlling your blood sugar. Should be done at least twice a year if less than 8% and 4 times per year if you are greater than 8%. Ideally, we want your A1C to be 7% or less unless you have heart issues then we want the number to be 7.5%

Most patients with diabetes need at least two medication (oral or injectable) to achieve their blood glucose goals.

After you have been on oral medications for more than five (5) years, you may require insulin or an injectable medication to get your blood glucose UNDER GOOD CONTROL (A1C 7% or less)

Some medication work better than others, so you need to make sure you are on the right combination of medications for YOU!!

COMPLICATIONS

Eighty percent (80%) of patients with type 2 diabetes are overweight / obese and also have high blood pressure (BP greater than 130/80 mmHg). If you have high blood pressure and diabetes, it is critically that you get your blood pressure under control since high BP and high blood glucose combined can lead to kidney disease.

- Heart Disease - Cardiovascular disease is the leading cause of death among individuals with diabetes and is the most common reason for hospital admissions for heart attacks and strokes.
- Hypertension – As of 2018, an estimated 103 million U.S.adults have high blood pressure. We know that diabetes and hypertension occur together in many patients. They share many of the same risk factors (obesity, smoking, sedentary lifestyle)

COMPLICATIONS

Kidney Disease - Each year, nearly 50,000 Americans begin treatment for kidney failure due to diabetes. Diabetes accounts for 44 percent of all NEW cases of kidney failure. Unmanaged diabetes can increase the risk of chronic kidney disease progressing to kidney failure or end-stage renal disease (ESRD) Kidney failure ultimately requires expensive medical interventions such as dialysis or kidney transplantation for patient survival.

Amputation - Circulatory problems caused by uncontrolled diabetes can lead to lower limb complications. Each year, diabetes causes about 73,000 lower limb amputations, which accounts for 60 percent of all lower limb amputations (not including amputations due to trauma).

Blindness -Diabetes is the number one cause of blindness in the United States. Approximately 4000 people per year become blind due to uncontrolled diabetes. Compared to 2010, by 2050, the number of Americans with diabetic retinopathy is expected to nearly double, from 7.7 million to 14.6 million.

Unfortunately, many people of color with diabetes do not seek have consistent medical care, do not have health insurance, and therefore wind up suffering from these debilitating complications.

THE WEBSITES

There is a lot of informational websites on the internet. Be careful which one you trust since there is a lot of misinformation. Healing Our Village now has www.hovhealth.com. We provide video education with the most up to date information available. But we go a step farther. Healing Our Village offers Village Club. Village Club provides a yearly membership for approximately \$5 per month. With that membership you will receive counseling

from our doctors, pharmacists, dieticians, life coaches and career specialists. Information is NOT ENOUGH. "Just because you KNOW better does not mean you DO BETTER! You must learn to change your lifestyle. What you eat and do everyday can save your life. Most importantly, our medical experts make sure you are on the right combination of medications and are not experiencing any side effects or drug interactions.

ASK THE EXPERT

The Ask the Expert portal on www.hovhealth.com, allows visitors to the site to "Chat" and ask questions. We also have Bluetooth enabled blood pressure monitoring and blood glucose monitors for sale in our online STORE so our Experts can see your readings. Telehealth and the internet provides our medical experts much greater reach by allowing them to counsel patients beyond the confines of pharmacies, hospitals and clinics. All HOV pharmacists are trained on diabetes management and how to communicate with patients to change their behavior and adopt healthier lifestyles.

On HOV Health (www.hovhealth.com) we are providing "LIVE EVENTS" which will be available on the site and our Facebook page ([healingourvillageofficial](https://www.facebook.com/healingourvillageofficial))

A LITTLE TLC – TOTAL LIFESTYLE CHANGE (www.tlc-global.org)

In addition to the HOV websites, we also have a nonprofit – Total Lifestyle Change. TLC is a nonprofit service organization dedicated to eliminating healthcare disparities in people of color worldwide. We provide community-based screenings for diabetes, hypertension, Breast and Prostate Cancer, Obesity and Depression. We also have launched HOV University (www.hovuniversity.com) which is an online educational training platform for healthcare professionals. As part of TLC we offer OPERATION D.E.T.E.C.T (Diabetes Education Today Ends Complications Tomorrow) and Project F.A.I.T.H (Fellowship and Instruction Toward Health). Both programs were developed to assist underserved populations to detect, manage and prevent chronic diseases. All of these programs are supported through DONATIONS and GRANTS. Over the years it has become MORE DIFFICULT to find funding for these worthwhile projects. We need your SUPPORT!

As part of our commitment to HEALING THE VILLAGE, we are excited to provide our new column entitled - FOR YOUR HEALTH. We look forward to providing current information on the common chronic conditions that are affecting the people of color. If you have any questions, feel free to visit our websites or call 00 788 0941. LIKE OUR Facebook Page.

REMEMBER, KNOWLEDGE IS POWER - #nomorefunerals.