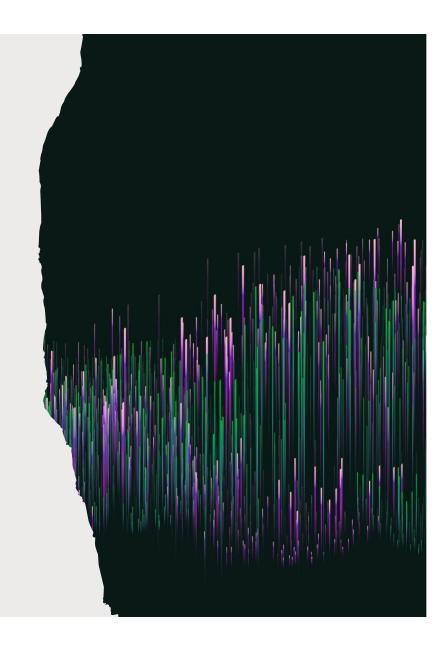
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Community Health Conversations



HEALTH DISPARITIES

Chronic Kidney Disease
Diabetes Mellitus
Heart Disease
Stroke
Prostate Cancer
Breast Cancer
Colorectal Cancer
Lupus
HIV

- COVID 19
- Glaucoma
- Pancreatic Cancer
- Ovarian Cancer
- Uterine Cancer
- Peripheral vascular disease
- Alzheimer's Disease
- Dyspareunia
- Erectile dysfunction

SOCIOECONOMIC DISPARITIES

Adverse Living Conditions
Poverty
Income Inequality
Marketing for Tobacco and Alcohol
Unemployment
Environmental Toxins
Institutional Racism
Occupational Hazards

Discrimination

- Fragmented Systems
- Disinvestment
- Disconnected Community members
- Lack of Sociopolitical power or selfdetermination
- Lack of Access to Healthcare
- Lack of Health Insurance
- No Transportation Resources

Social Determinants of Health

Growing Communities: Social Determinants, Behavior and Health

Our environments cultivate our communities and our communities nurture our health.

When inequities are low and community

assets are high, health outcomes are better. When inequities are high and community assets are low, health outcomes are worst. HIV/AIDS Substance Abuse Smoking CVD Infant Mortality Nutrition Infant Mortality Stress **Substance Abuse** Depression **Smoking** Violence ense of Communit Social Networks Social Support Fragmented Systems **Participation Powerlessness** Leadership Political Influence Organizational Networks Disconnected Members Adverse Living Conditions ncome inequality **Quality Schools** Access to Healthcare Occupational Hazards Access to Recreational Facilitie Transportation Resources Marketing for Tobacco and Alcohol Institutional Racism Adequate Income Quality Housing

DIABETES: THE BURDEN OF DISEASE IN OUR COMMUNITY

DEFINITION



Diabetes – a general term used for disorders characterized by frequent urination.



Diabetes Mellitus – a chronic syndrome of impaired carbohydrate, protein and fat metabolism due to impaired insulin secretion and/or utilization by the body.

MAIN TYPES OF DIABETES MELLITUS

DM type 1

• Total lack of insulin secretion

DM type 2

- Body resistance to insulin and decreased insulin secretion.
- Mostly genetic

Gestational DM

• Diabetes associated with pregnancy

SYMPTOMS

- Frequent Urination
- Increased Thirst
- Increased Hunger
- Weakness or Fatigue
- Recurrent Blurred Vision
- Obesity
- Peripheral Neuropathy ("Pins and Needles" or "Numbness")
- MOST COMMON SYMPTOM: NONE!



DIAGNOSIS

Fasting blood sugar of *126mg/dl* or above

2 hours after a sugar load blood sugar of 200mg/dl or above

Three-month average blood sugar (called hemoglobin A1C) of 6.5% or more

HYPERTENSION: THE BURDEN OF DISEASE IN OUR COMMUNITY

COMPLICATIONS RELATED TO HYPERTENSION IN AFRICAN-AMERICAN PATIENTS

Compared with the general population,
 African Americans have a higher rate of:

hypertension	40%
heart disease mortality	50%
obesity	70%
stroke mortality	80%
diabetes mellitus	100%
ESRD	320%



ESRD, end-stage renal disease

American Heart Association. 2001 Heart and Stroke Statistical Update.

Burt JL et al. *Hypertension*. 1995;25:305–313.

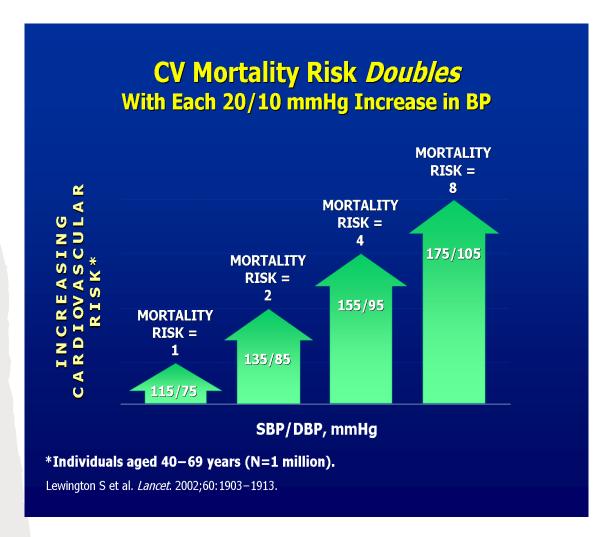
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CHARACTERISTICS OF HYPERTENSION IN AFRICAN-AMERICAN PATIENTS

- Premature onset
- Greater severity
- Greater incidence of target-organ injury LVH impaired renal function heart failure
- Target BP may need to be lower
 (<130/85 mm Hg) to reduce heart/renal damage

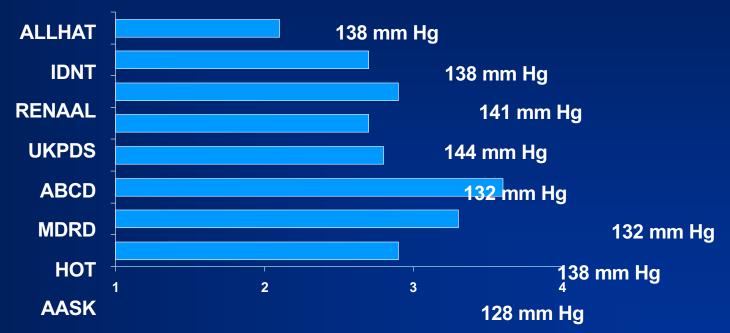


CV MORTALITY
RISK DOUBLES
WITH EACH
20/10 MMHG
INCREASE IN
BP



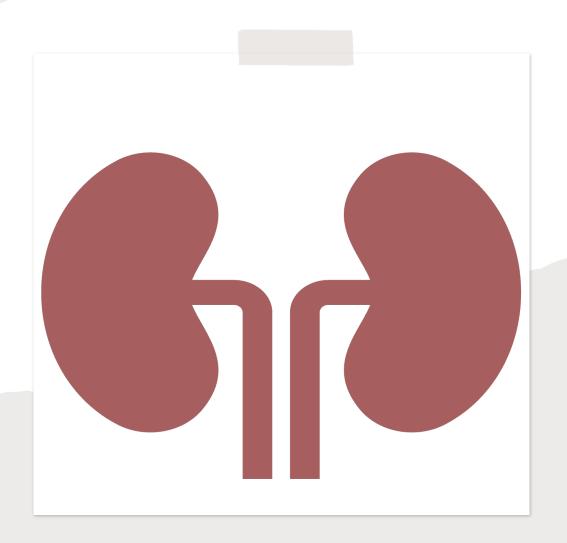
Combination Therapy for BP Control: Rule Rather Than Exception





Number of BP Medications

CHRONIC KIDNEY
DISEASE:THE
BURDEN OF
DISEASE IN OUR
COMMUNITY



CHRONIC KIDNEY DISEASE

Chronic Kidney Disease refers to a progressive and irreversible loss of renal function.

It is categorized into stages – from stage 1 to stage 5 – based on the calculation of stable glomerular filtration rate (GFR)

NKF - KIDNEY DISEASE OUTCOMES QUALITY INITIATIVE CKD CLASSIFICATION

K/DOQI clinical practice guidelines for chronic kidney disease: evaluation, classification, and stratification. Kidney Disease Outcome Quality Initiative

Am J Kidney Dis. 2002;39(2 suppl 2):S1-246.

Stage	Description	GFR (mL/min/1.73 m²)
1	Kidney damage with normal or ↑ GFR	>90
2	Mild ↓ GFR	60-89
3	Moderate ↓ GFR	30-59
4	Severe ↓ GFR	15-29
5	Kidney failure	<15 or dialysis

IMPORTANCE TO AFRICAN-AMERICAN PATIENTS

- 35% of all dialysis patient's are Black despite representing only 13% of the U.S. population.
- There is more spent per patient on African-Americans in every stage of Kidney Disease.
- The rates of kidney disease in African-Americans WILL grow with the changing designation of kidney disease and once COVID-19 numbers are figured into the data.
- There is a BIG push to curtail the cost of renal disease in society. Given the political climate, cost cuts to programs benefiting patients are likely.



BY THE NUMBERS

ASK QUESTIONS ABOUT YOUR NUMBERS

- Blood pressure should be 130/80 or less
- · Average heart rate ranges from 60 to 100 beats per minute.
- Diabetes is defined by fasting blood sugar (after an 8 hour fast) of more than 126.
- Diabetes is also defined by a *three-month average blood sugar* (or Hemoblobin A1c number) of *more than 6.5*.
- · Abnormal kidney function in general is defined as GFR (or eGFR) less than 90.
- Your urine should NOT have increased protein or microscopic blood in it.

WHAT SHOULD I EAT?

FOODS HIGH IN ANTIOXIDANTS

- Blueberries
- Artichokes
- Walnuts
- Spinach
- Strawberries
- Green tea
- Kale
- Blackberries
- Beans
- cranberries

- Pecans
- Raspberries
- Plumbs
- Greens
- Granny Smith Apples
- Red delicious Apples
- Gala apples
- cherries



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