

DIABETES and African Nova Scotians

Research in Nova Scotia shows **higher rates of diabetes** in African Nova Scotian communities.*

Research in the United States shows that Black men have **more than one and a half times the risk** of developing diabetes compared to Caucasian men.



Do you have risk factors?

African Canadian ancestry ■ Parent, brother or sister with diabetes ■ Over the age of 40 ■ Overweight (especially if extra weight is around your middle) ■ High blood pressure ■ High cholesterol (fats in the blood)

Don't ignore these risk factors! The sooner you are tested, the sooner you can take action to stay well.

*Reference can be found online at www.NSbrotherhood.ca

HEALTH AND WELLNESS WITH AFRICAN NOVA SCOTIAN MEN

Symptoms of diabetes

- Very thirsty
- Tiredness
- Change in weight
- Blurred vision
- Tingling in the feet
- Difficulty getting or maintaining an erection
- Urinating more than normal
- Sores, bruising that is slow to heal
- Appetite larger than usual
- Frequent recurring infections

It is important to be tested for type 2 diabetes if you are at risk.

Left untreated, diabetes can result in a variety of complications, including:

- Heart disease
- Kidney disease
- Eye disease
- Nerve damage
- Problems with erection (impotence)

Diagnosis of diabetes:

Diabetes is screened and diagnosed using a blood test. Speak with your doctor or nurse practitioner, and he/she will test you for diabetes.

Talk to our team about diabetes



The
Nova Scotia
Brotherhood
Team



NSBI
Registered
Dietitian



Your
Family
Doctor



Your
Family
Practice
Nurse

Contact the Nova Scotia Brotherhood team to find out more about diabetes or to make an appointment with a member of the team about another health concern:

902.434.0824

NSbrotherhood@nshealth.ca

www.NSbrotherhood.ca

NOVA SCOTIA  **BROTHERHOOD**

 nova scotia
health authority