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Hispanics and Diabetes: Many Problems But Many Answers

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Poster Presentation P51

HISPANICS AND DIABETES: MANY PROBLEMS BUT MANY ANSWERS

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According to the American Diabetes Association, as of 2007, 23.6 million children and adults in the United States have diabetes. However, only 17.9 million of those cases have been diagnosed. Diabetes is a serious disease involving the production of insulin in the pancreas or lack thereof. It is important to diagnose the disease early on and take appropriate measures immediately in order to eliminate future complications such as problems with the heart, kidneys, eyes, and skin. There are many steps that can be taken to prevent or prolong the effects of the disease and maintain the disease once diagnosed. Among those affected by diabetes, Hispanics have twice as many cases than white/non-Hispanics. This is not only due to genetics but also poor eating habits and lack of physical activity, which are outside factors that can be altered with education about the disease. There are many programs geared towards the Hispanic population in order to stop the diabetes epidemic. This will be a bilingual poster presentation.