



press release
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Diabetes Program at Annapolis Branch Targets African Americans

(8/25/2003—Annapolis, MD) Diabetes is a chronic disease that results from the body's inability to process blood sugar. The condition can lead to many other health problems, including heart and kidney disease, blindness and amputation.

Knowledge about prevention and treatment is perhaps the best defense against diabetes. Recognizing this, the Annapolis branch of the Anne Arundel County Public Library (AACPL) system is hosting a free seminar entitled *Diabetes: Now it's Personal*, on Saturday, September 13, from 1 to 3 p.m.

In spite of continuing scientific breakthroughs, the numbers of those affected by diabetes is increasing at an alarming rate, with members of the African American community being hit particularly hard. According to current statistics, approximately 13 of every 100 African Americans will suffer from diabetes in their lifetimes. The elderly and poor within this population are even more vulnerable.

There are, however, ways to prevent diabetes or to at least delay or lessen the resulting health effects. These include some simple lifestyle choices, including frequent exercise, healthy eating habits and regular medical check-ups.

Diabetes: Now It's Personal is geared toward helping at-risk populations avoid or better cope with diabetes. The program will include an informative discussion about the disease by Maureen Shackelford, C.D.E., R. D. L. D., from the Anne Arundel Medical Center's (AAMC) Diabetes Center and guidance on the no-cost diabetes resources available at all Anne Arundel County library branches from AACPL staff.

In addition, Ruth Kershner, R.D.L.D., from the Anne Arundel County Health Department will speak about nutrition and host a cooking demonstration. Chekesha Catlin from AAMC will lead a exercise session.

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Participants will receive recipes, literature and other giveaways, including the book, *Diabetes: The Science Inside*. The event is free and open to the public, however, registration is required.

The Annapolis branch is located at 1410 West Street. Those interested in attending should contact the Annapolis Library at 41-222-1750 or Library headquarters at 410-222-7371 by September 5.

There is still no cure for diabetes, but with some basic knowledge and guidance, the Anne Arundel County Public Library hopes to assist those afflicted with the condition to live longer and more comfortably than in the past.

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