What African Americans with diabetes or hypertension need to know

JAN 28, 2014

Staff News Writer

In honor of Black History Month, make sure your African American patients understand the importance of getting checked for kidney disease, diabetes and hypertension—three common conditions among the African American population.

African Americans have a higher rate of kidney failure than any other group of people. Diabetes is the No. 1 cause of kidney failure among African Americans, followed by high blood pressure.

Learn about nutrition requirements for kidney disease patients through activities and case studies available on the National Kidney Disease Education Program website.

The AMA Minority Affairs Section passionately promotes educating patients about the connection between diabetes, high blood pressure and kidney disease and encouraging them to get screened.

The AMA also is working to prevent type 2 diabetes and prevent heart disease, starting with patients who have prediabetes or hypertension, through its Improving Health Outcomes initiative. Learn more about how this initiative can help reduce health care disparities.