

Dorothy Marie Kinnard Foundation

The *Dorothy Marie Kinnard Foundation* was established in 2012 in honor of the founder's mother, Dorothy Marie Kinnard who lost her battle to complications of Type II Diabetes on September 3, 2011. This led to a journey by the founder to better understand the disease and why it was affecting so many people in her family and in communities of color. Her discovery led to the foundation's mission.

Mission

The mission of the *Dorothy Marie Kinnard Foundation* is to serve as a platform to raise awareness, spotlight problem-solving techniques, and implement actions in Black, Indigenous, People of Color (BIPOC) communities to help them better understand and manage diabetes as well as help decrease the number of persons at risk of developing the disease among this unique group.

**“A healthy mind and
body are the two most
powerful gifts we can
give ourselves.”**

- Rhea W. Kinnard
President/Founder






Visit us

To learn more about the *Dorothy Marie Kinnard Foundation*, please visit us at www.dmkf.org.

Contact us

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To donate to our foundation, please scan QR code below. Your support, whether through your time or a donation, can help make a difference with diabetes education and awareness.



What Are the Different
Types of Diabetes
and Are You at Risk
of Getting It?



37

Million

37 million American people
—more than 1 in 10—
have diabetes

KNOW THE CAUSES, SYMPTOMS, and RISK FACTORS of DIABETES

96

Million

96 million American adults
—more than 1 in 3—
have prediabetes



1 in 4 people have diabetes and don't know it.

What is Diabetes?

Diabetes is a chronic health condition that affects how your body turns food into energy. The high blood glucose (blood sugar) happens because insulin production is inadequate or because the body's cells do not respond properly to insulin or both.

TYPE I Diabetes

Described as an autoimmune reaction which affects the pancreas' ability to make insulin. Insulin is a hormone released by the pancreas that converts sugar (glucose) into energy.

Cause: Is thought to be caused by an autoimmune reaction (the body attacks itself by mistake). This reaction stops your body from making insulin. Approximately 5-10% of the people who have diabetes have type 1.

Symptoms: May include frequent urination, unusual thirst, extreme hunger, unusual weight loss, extreme fatigue, and irritability.

Risk Factors: Includes family history, and age (although you can get it at any age, it usually develops in children, teens, and younger adults).

TYPE II Diabetes

A condition that happens because of a problem in the way the body regulates and uses sugar as a fuel.

Cause: Occurs when your body can't properly process sugar into energy. The body fails to use insulin correctly, or the pancreas fails to make enough insulin.

Symptoms: May include frequent urination, unusual thirst, extreme hunger, unusual weight loss, extreme fatigue and irritability, frequent infections, blurred vision, cuts/bruises that are slow to heal, tingling/numbness in the extremities, recurring skin, gum, and bladder infections.

Risk Factors: Prediabetes, obesity, older adults, family history of diabetes, inactive lifestyle, and gestational diabetes.

Gestational Diabetes

A type of diabetes that can develop during pregnancy in women who don't already have diabetes. Blood sugar usually returns to normal after birth.

Cause: the result of a combination of genetic and environmental risk factors.

Symptoms: Same as Type II Diabetes.

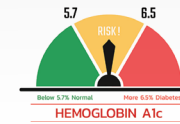
Risk Factors: Same as Type II Diabetes.

Prevention

For those living with diabetes, it is a self-managed disease. People with diabetes must take responsibility for their day-to-day care. The chances of having diabetes complications can be reduced or delayed significantly by keeping blood glucose, blood pressure, and cholesterol levels (called the ABCs of Diabetes) in the following target range:

A1C (Blood Glucose)

Less than 5.7 percent
(check at least twice a year)



Blood Pressure

Less than 120/80 mmHg
(check every doctor's visit)



Cholesterol (LDL)

Less than 100 mg/dl
(check once a year)



Dorothy Marie Kinnard
FOUNDATION

Yes, I want to make a difference with diabetes awareness and education. Enclosed is my contribution of: ☐ \$25 ☐ \$50 ☐ \$100 ☐ Other \$ _____

Make check payable to the **Dorothy Marie Kinnard Foundation** or please charge my gift of \$ _____ to my: ☐ Visa ☐ Mastercard ☐ Amex

Card# _____ Exp. Date ____ / ____ (signature please) X: _____

Name: _____ Title: ☐ Mr. ☐ Mrs. ☐ Ms.

Mailing Address and/or Billing Address: _____ Apt#: _____

City: _____ State: _____ Zip: _____

Phone: (____) _____ Email Address: _____

Please mail your check along with the donation form to: The Dorothy Marie Kinnard Foundation, P.O. Box 17451, Nashville, TN 37217