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At the SON Research Conference, six groups presented topics which discuss the burden of diseases. The diseases are cardiac, cancer, type 2 diabetes, COPD, opioid crisis, and alcohol abuse. After listening to each group present, I realize that these major health problems are common amongst Black and Hispanic population. This is due to financial burden to pay for health insurance, lack of resources or education to seek preventative care and exposure to environmental factors. As nurses or student nurses, it is important to educate patients about the importance of seeking care and not delaying treatment, educate ways to change their lifestyle by eating healthy and exercising, and to provide resources to help patients follow healthy lifestyles and reduce the risk of illness.