ESALEN GARB

MASSAGE THERAPY at the **HEALTH & WELLNESS** Centre of Georgetown Sara Cockton, RMT, Richard Lawson, RMT

Diabetes Awareness Month

Diabetes is serious disease that shouldn't be ignored

Telen Platts of Georgetown is one of the more than two million Canadians who have diabetes.

As the population ages those numbers are expected to increase dramatically and by 2005 about 3.5 million Canadians will likely have the disease. Platts agreed to share her experience with diabetes because

and was tired and often thirsty.

with Type 2 diabetes.

retired Georgetown resident.

looked into and looked after,"

metformin to help her body use insulin more efficiently, which she takes with meals three times a day,

"I just found Jan and Colette very helpful and listened to what they

They explained to her what diabetes was and steps she could

With diabetes either the body doesn't produce enough insulin or

it's unable to use the insulin it does produce. In either case the body doesn't get enough fuel it needs to work and the unused sugar remains in the blood or is passed in the urine.

Diabetes is a serious disease that shouldn't be ignored. Over time high blood sugar can result in the need for amputation, cause blindness, kidney failure and heart disease.

Platts was told that she needed to

'It's

something

that had to

be looked

looked after.'

-Helen Platts,

diabetic

into and

checked her blood sugar level daily and now does it from one to three times a week.

"I feel great and have no complaints," said Platts.

Sewell said Platts took all the right steps to manage her diabetes.

"They (diabetes sufferers) need a healthy lifestyle with a well-balanced diet and an exercise program," said Sewell.

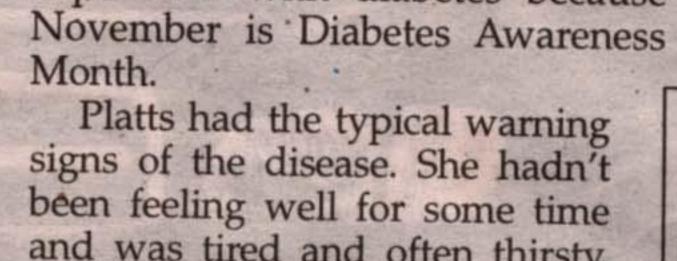
> "Exercise plays a huge role in diabetes management," said Southworth.

Sewell said 80 per cent of people who have Type 2 diabetes have weight issues and lead a sedentary life.

Being active is one of the most positive things a person can do to improve their overall health. Not only can it help a person lower their blood sugar it can also help them lower their blood pressure, lose weight, improve heart and lung health, improve well being and muscle tone and strength.

People are encouraged to be active every day and it can be as simple as gardening, biking or walking. The goal is to work up to 20 to 45 minutes of non-stop activity at least three times each week.

For more information on diabetes contact your doctor, the diabetes program at Georgetown Hospital at 873-0111, ext. 112, or the Canadian Diabetes Association at (416) 363-3373 or visit their Web site at http://www.diabetes.ca.



She also suffered headaches. She went to her doctor and after a blood test was diagnosed

The diagnosis didn't scare the

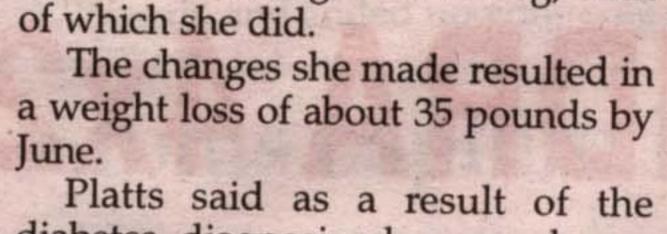
"It's something that had to be said Platts.

Her doctor put her on the drug.

and referred her to the Halton Diabetes Program at Georgetown Hospital run by dietitian Colette Sewell and diabetes nurse educator Jan Southworth.

were saying," said Platts.

take to cope with it.



diabetes diagnosis she now has a healthier lifestyle than she did in the

alter her diet to make it more

balanced and begin exercising, both

She eats better than she used to, doesn't skip meals, walks regularly and says her diabetes is in check. When she was first diagnosed she



no fee.

877-8923.

HALTON HILLS SPEECH CENTRE

HEALTH DIGEST

Walking group

walking group— all ages— for outings Sundays

and Wednesdays, should attend an information

session, Nov. 21, 9 a.m at Georgetown High School,

(side entrance). Sponsored by the Georgetown

Runners Club. Runners are also invited to join the

club Sundays, 9 a.m. at the Georgetown High

School and Wednesdays, 5:15 p.m. at Holy Cross

School. All levels of runners welcome as the

Diabetes information night

Clinic is hosting a free diabetes information

evening, Nov. 23, 7 p.m. in the hospital activity

room. Guest speaker will be Dr. J. McConnon, an

endocrinologist. The Diabetes Education Team-

nurse, dietitian, foot care specialist, pharmacist,

physician and patient— will participate in a

question and answer session. To reserve a seat, call

Pool therapy for arthritis sufferers

Pool Therapy Program held Wednesday and Friday

or Tuesday and Thursday, 11 a.m. to noon. Sessions

are six weeks in duration and held year-round at

the Milton Leisure Centre where exercise-

instruction is approved by the Arthritis Society:

Individuals with fibromyalgia or heart conditions

Tourette Syndrome support

month at Georgetown Hospital, 7 p.m. in the

activity room. Come meet with other parents and

caregivers who gather to share their knowledge and

experience of living with Tourette Syndrome. Info:

Anxiety support

Are you suffering from anxiety/panic? Join

TEACH's weekly support group. Call TEACH

(Teach Empower Advocate for Community Health)

at 693-8771, Unit 8, 225 Main St. E., Milton. There is

Tourette Syndrome Support Group meets once a

welcome. Info: Joan Bateman, 873-9204.

Arthritis sufferers can benefit from the Arthritis

The Georgetown Hospital Diabetes Education

members run in groups. Info: 877-5578.

873-0111, ext. 294.

Anyone interested in forming an organized

Communication is Vital.

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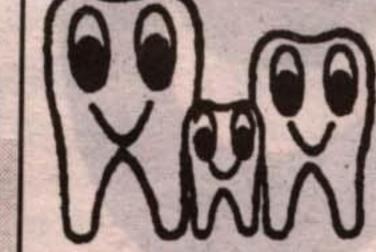
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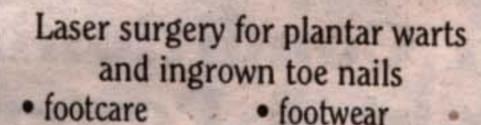
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