

# Health Care

**MASSAGE THERAPY at the HEALTH & WELLNESS Centre of Georgetown**  
 Sara Cockton, RMT, Richard Lawson, RMT  
 Anna Finlan, RMT  
**873-7679**  
 106 GUELPH STREET

## HEALTH DIGEST

### Walking group

Anyone interested in forming an organized 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 members run in groups. Info: 877-5578.

### Diabetes information night

The Georgetown Hospital Diabetes Education 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 873-0111, ext. 294.

### Pool therapy for arthritis sufferers

Arthritis sufferers can benefit from the Arthritis 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 welcome. Info: Joan Bateman, 873-9204.

### Tourette Syndrome support

Tourette Syndrome Support Group meets once a 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: 877-8923.

### 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 no fee.

## Diabetes Awareness Month

# Diabetes is serious disease that shouldn't be ignored

**H**elen 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 November is Diabetes Awareness Month.

Platts had the typical warning signs of the disease. She hadn't been feeling well for some time and was tired and often thirsty. She also suffered headaches.

She went to her doctor and after a blood test was diagnosed with Type 2 diabetes.

The diagnosis didn't scare the retired Georgetown resident.

"It's something that had to be looked into and looked after," said Platts.

Her doctor put her on the drug metformin to help her body use insulin more efficiently, which she takes with meals three times a day, and referred her to the Halton Diabetes Program at Georgetown Hospital run by dietitian Colette Sewell and diabetes nurse educator Jan Southworth.

"I just found Jan and Colette very helpful and listened to what they were saying," said Platts.

They explained to her what diabetes was and steps she could take to cope with it.

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

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>.

**'It's something that had to be looked into and looked after.'**  
 —Helen Platts, diabetic



alter her diet to make it more balanced and begin exercising, both of which she did.


The changes she made resulted in a weight loss of about 35 pounds by June.

Platts said as a result of the diabetes diagnosis she now has a healthier lifestyle than she did in the past.

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

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