

WILLIAM OSLER HEALTH CENTRE

LOOK for

The OSLER CONNECTION

in your WEDNESDAY publication of the GEORGETOWN INDEPENDENT

Local postal worker earns national award

Local postal employee Robert Kaczor took home a bronze medal in the National Canada Post competition held in Saskatoon recently.

The national competition is an annual event pitting the best employees from centres throughout Canada in a series of work-related tasks. Competitors are chosen from local and regional play-offs that drew more than 21,000 participants.

Kaczor was also a member of a winning team representing the Greater Toronto Area. He and his postal colleagues from throughout the GTA took top honours in the first-ever team event, based on the relay concept of moving the mail

through various stages from induction to delivery.

This was the fifth year Kaczor participated in the games. In 1999

he won a gold medal. Kaczor has worked for Canada Post for 27 years and been recognized for outstanding performance on the job.

Acton Santa Parade goes tomorrow

The Acton Santa Claus Parade, put on by the Acton Firefighters Association, is set for 1 p.m. tomorrow (Saturday).

This year's theme is *Christmas Around the World* and the approximately 20 float entries are to be decorated in keeping with the theme.

Parade chairman Bill Spielvogel said several bands will participate in the parade including Acton

Citizens' Band, Royal Canadian Air Cadets Branch 197 Band, Guelph Royalaires Drum and Bugle, The Dutch Boys Drum and Bugle Corps, and Georgetown Pipe Band. Letter carriers will also be there to collect letters to Santa.

The parade starts on Acton Blvd., then heads to Queen St., turns onto Young St., then follows Mill St. to Main St., turns left onto Knox St. and ends at Prospect Park.

November is DIABETES Month!

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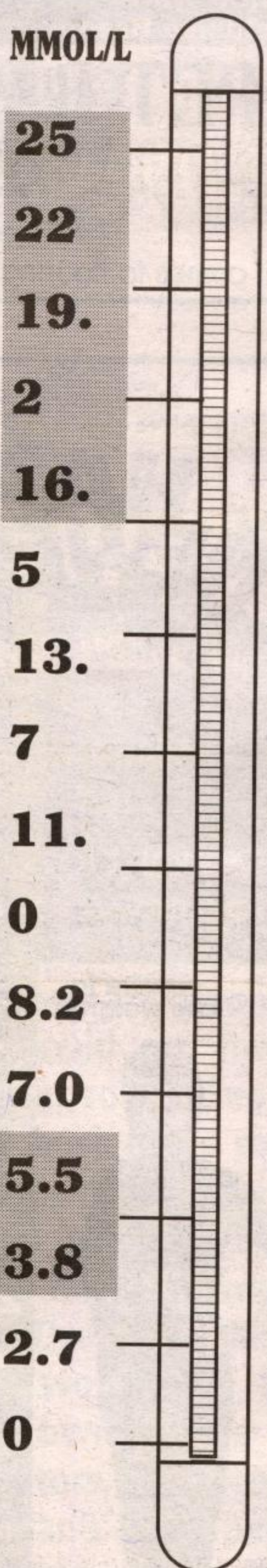
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HIGH RANGE

Signs and Symptoms of Hyperglycemia (High Blood Sugar)

- Thirst and excessive urination
- Weakness, fatigue and visual disturbances
- Consistently positive urine tests for glucose
- Elevated blood glucose readings

Warning: It is important to remember that the signs and symptoms of hypoglycemia may not be present in some diabetics whose blood sugar levels are high. Blood glucose monitoring is the best way to determine the correct blood sugar level.

NORMAL RANGE

Signs and Symptoms of Hypoglycemia (Low Blood Sugar)

- Hunger, nausea, weakness, headaches
- Sweating, shaking, irritability, dullness
- Numbness of lips or tongue
- Change in mood or behaviour

WHAT IS DIABETES?

Diabetes is a complex condition in which the body is unable to use food, especially sugars and starches in the usual way. In all people, sugars and starches are converted into glucose (a form of sugar) as they pass through the digestive tract.

Diabetics either lack insulin or their insulin does not work as it should. Without insulin, glucose cannot enter the cells. Starving for food, the cells must turn to the body's fat stores for food. When fat is used by the cells for energy, ketones are produced, which over a period of time can throw the body's delicately balanced chemical system out of control. If a lack of insulin continues, the diabetic may pass into diabetic coma.

Long-term studies indicate poorly controlled diabetics are more likely to develop blindness, kidney failure and heart disease. On the other hand, diabetics who follow their meal plan, exercise, take their medication and try to minimize stress to keep their blood glucose levels within the acceptable range may delay and prevent the onset of these complications.

THE DIABETES BALANCE

Everything you do, everything you feel affects your blood sugar. Following your treatment plan, though, gives you a solid point from which to begin to manage your diabetes. Diet...Exercise...Medication. These basics make up the treatment plan for all insulin-dependent diabetics and for some non-insulin-dependent diabetics.

You, however are responsible for carrying out the plan. The more you know about diabetes, the easier it becomes to manage your condition.

FOOTCARE

Diabetics must keep aware of the condition of their feet. Circulatory and nerve disorders are common in diabetics. These problems often lead to increased risk of infection and decreased sensation. Early detection and treatment is essential.

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