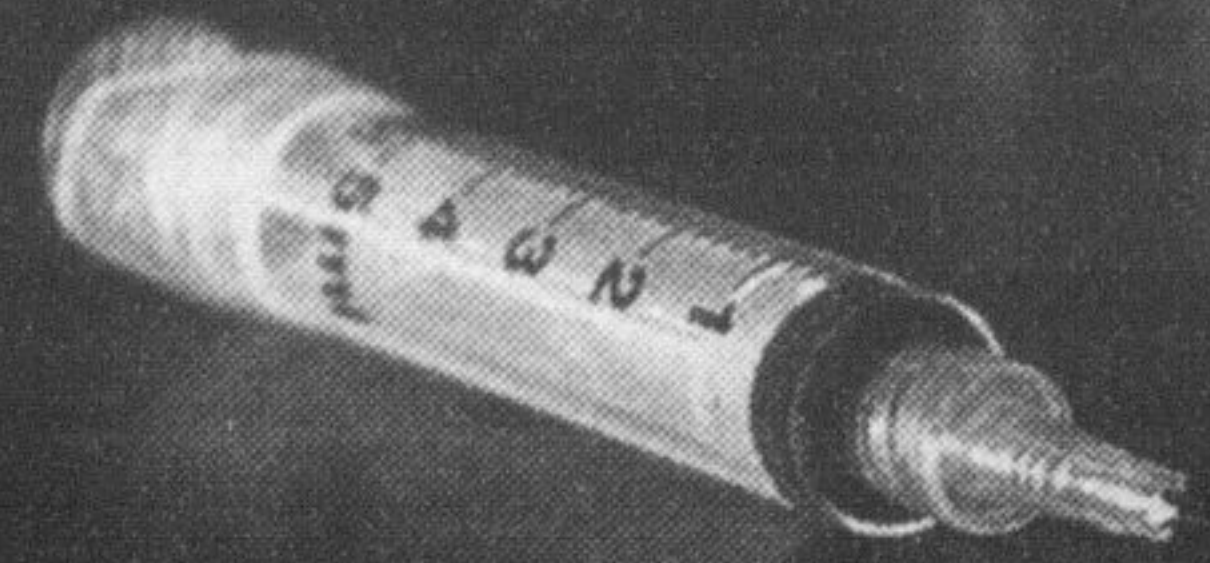


November is

DIABETES MONTH



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Over 2 million Canadians, both adults and children are diagnosed with diabetes. Type 1 and Type 2 are serious diseases and can lead to the same complications. Many people are unaware that they even have the disease. This is especially dangerous because, without proper treatment, diabetes can lead to serious problems in your eyes, kidneys, nerves, gums and teeth. It can also cause heart disease. In fact, people with diabetes are more than twice as likely as people without diabetes to have heart disease or a stroke.

You can help raise diabetes awareness by familiarizing yourself with these warning signs:

- ✓ Extreme persistent thirst
- ✓ Frequent urination
- ✓ Unexplained weight loss
- ✓ Blurry eyesight
- ✓ Slowly healing sores
- ✓ Dry, itchy skin
- ✓ Loss of feeling or tingling in feet

If you experience one or more of these symptoms, consult your doctor for diabetes testing. By detecting and controlling diabetes early, you can reduce your risk of developing heart disease and other harmful side effects of diabetes.

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What is Diabetes?

Throughout history, diabetes has been a leading cause of death by disease. Today, even with the availability of insulin, it is estimated that approximately one-half million North Americans die as a result of diabetes and its complications like heart and kidney disease, stroke, blindness and amputation each year. Diabetes is a disease that touches millions in one way or another, whether it's those with the disease, friends or family members who are suffering the implications.

Simply put, diabetes is a serious disease that impairs the body's ability to use food properly.

Normally, glucose, a form of sugar produced when starches and sugars are digested, is burned as fuel to supply the body with energy. This process - turning food into energy - is called metabolism.

But in order to metabolise glucose properly, the body requires another substance: insulin. Insulin is a hormone produced by the pancreas, a gland located just beneath the stomach; its job is to regulate the body's use of glucose. Insulin is essential to the metabolic process.

Trying to burn glucose without insulin is like trying to cook food without heat. It can't be done. And that's the problem for people with diabetes: they either don't produce enough insulin to properly metabolise glucose, or the insulin they have works inefficiently.

Without insulin to turn glucose into energy the glucose piles up in the bloodstream and spills into the urine. Excessively high levels of sugar in the blood and the urine are the hallmarks of untreated diabetes.

The main goal of diabetes treatment is to control blood sugar levels and keep them in the normal range to avoid the complications such as heart and kidney disease, stroke, blindness and amputation. The specific kind of treatment used to control blood sugars depends on the type of diabetes a person has.

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Elisabeth Hibbert
BSc, DCh
Chiropodist
Foot Specialist

3006 Derry Rd.
Suite 105, Milton
905-876-1132

Diabetic Foot Care Do's and Do Not's

- | | |
|--|--|
| <p>DO</p> <ul style="list-style-type: none"> - Inspect feet daily - Wash and dry carefully - Look inside your shoes for objects - Use cream to moisturize the feet - Wear shoes/socks that fit properly - Cut toe mails straight across | <p>DO NOT</p> <ul style="list-style-type: none"> - Soak you feet - Walk barefoot - Use medicated corn pads - Treat your feet with sharp objects - Wear shoes/socks that hurt - Use Heating pads |
|--|--|

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