

Exercise and diet can control diabetes

Men and women who develop diabetes after age 40 often have a special challenge.

The gradual onset of their diabetes takes them by surprise.

Most often increases in thirst, tiredness, weight loss or frequent urination prompt a visit to the doctor.

Blurred vision, skin disorders or tingling, pain and numbness in the limbs may occur.

The changes, subtle rather than startling, mean many do not suspect they have diabetes.

However, about one out of every 20 adults in Canada has the condition and only half know it.

Midlife is not an uncommon time to develop diabetes.

Registered nurses said that 85 to 90 per cent of people with diabetes develop the condition, called Type II diabetes, after age 40.

With type II, the body either produces too little insulin or is unable to effectively utilize the insulin it produces.

As a result, the blood sugar level is elevated because the body cannot use food properly and sugar (glucose) remains in the blood stream rather than being stored or converted to energy.

You can control this form of diabetes if you balance the right amounts of food and exercise, control weight and take medication when needed.

On occasion, you may require insulin injections.

Consult a nutritionist for the desirable amounts and patterns of eating.

Avoid foods high in sugar and fat as well as excessive use of alcohol.

Alcohol consumed while on medication can lead to serious hypoglycemia.

Weight loss is one of the best methods to control diabetes and should

HEALTH

be a priority for those who are obese. Arrange for ongoing support and encouragement from family and friends.

Exercise daily so the body utilizes glucose more effectively. This improves circulation to all parts of the body and helps control weight.

Schedule several short periods of activity a day, if possible. Walking is excellent exercise.

Some people need oral medication in addition to balanced eating and exercise patterns for adequate blood sugar control.

These medications, called oral hypoglycemic agents are available by prescription, stimulate the production and use of insulin in the body and do not provide insulin directly.

Diet, exercise and medication are adjusted to one another. Registered

nurses recommend you monitor the effectiveness of the balance with home blood glucose tests as they believe elevated glucose levels increase the risk of complications over time.

If you need information, call your local public health unit regarding their services.

You can save a life - learn CPR

While it is important to learn first aid from a professional, the following tips should be used if you come across a person you isn't breathing.

Pinch the nose, seal the mouth with yours and blow two slow breaths to inflate the lungs.

Check for a pulse in the neck beside the Adam's apple. If pulse is present continue rescue breathing once every five seconds. If there isn't a pulse, start compression cycle: 15 chest compressions followed by two breaths. Repeat cycle.


Compressions:

Put one hand over the other on the centre of the chest (three finger widths above the bottom of the breastbone).

With your elbows straight, press 1.5- two inches deep each time, 90 times per minute.

After 15 compressions give two slow breaths. Recheck pulse after four full cycles. If still no pulse, continue cycle until relieved by qualified help.

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Imperial Centre, 37 Sandiford Dr., Suite 301, Stouffville, Ont.

DRY MOUTH?
DRY EYES?

The Arthritis Society (Ontario Division) presents an information session to help learn about these symptoms and a new way to deal with them.

Tuesday, Nov. 4, 6 p.m. - 8 p.m.

**The Walter Hall Theatre
 Edward Johnson Bldg.
 80 Queen's Park Drive
 (TTC - Museum Station)**

AfterLoss
Learning how to cope with grief

Questions & Answers on grief recovery*

Q. I'm very disappointed in my adult children. Since their dad died they haven't done much to ease my pain or loneliness.

A. When we are lonely, it is easy to wish that our children or others will fill the void left by the absence of our spouse. The reality of the situation hurts but we must realize that the lives of others are going on uninterrupted. Adult children are busy in the pursuit of their own lives. Take on the responsibility of fulfilling your own needs and expect less from others. You'll soon find it a benefit.

*Questions from bereavement classes are answered here by the editor of *AfterLoss*, the monthly grief-recovery help letter. For your free copy of *AfterLoss* or one of our other helpful booklets dealing with grief recovery just call or stop by.

Ogden Funeral Homes
 4164 Sheppard Avenue East
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 dedicated to helping those they serve with assistance in grief recovery.*

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FACIAL ENHANCEMENT EVENINGS
Find out how to look and feel better

The following topics will be discussed:

Tooth Whitening	<i>A whiter, brighter smile over night.</i> Dr. T. Bourke
Facial Recontouring	<i>Wrinkle reduction, facial peels, botox, lasers. What you need to know.</i> Dr. M. Nowak
Porcelain Veneers	<i>Whiter, straighter teeth without braces.</i> Dr. N. Freedman
Dental Implants	<i>Replace missing teeth with dental implants and enjoy the food you have been missing.</i> Dr. I. Erwood

- See a live demonstration of facial procedures
- Meet people who have had the procedures done
- Complimentary wine and cheese
- Gift bags for all attendants
- Great door prizes to be won

TIME: 6:45 p.m.
DATE: Wednesday, November 12, 1997

Due to an overwhelming interest, a second date has been added: Wednesday, November 19, 1997

PLACE: Unionville Gate Health Centre
 10 Unionville Gate, Suite 301
 N.E. corner of Unionville Main St. South and Unionville Gate across from McArthur Ford

CALL: (905) 477-6331
 Seating limited, call today to reserve your place