

WHAT IS DIABETES?

Diabetes is a serious incurable disease. It is caused by the body's failure to make use of certain foods in the proper way. Scientists do not yet know the exact cause of diabetes. But they do know that when diabetes develops, two things can happen: (1) the body does not produce enough insulin or (2) the body cannot make use of the insulin that is produced.

Normally, the body changes food to a form of sugar called glucose. With diabetes the body is not able to use food properly. High levels of glucose accumulate in the blood and urine. The kidneys have to work overtime to get wasted glucose out of the body through the urine. When high levels of glucose build up in the blood, it can cause serious, life-threatening complications, such as blindness, heart disease, stroke, kidney failure and amputation from gangrene.

KNOW THE WARNING SIGNS

Any one of these symptoms can mean that you have diabetes. See a health practitioner if you:

- urinate frequently
 - are unusually thirsty
 - tire easily, feel weak at normal tasks, or are excessively drowsy
 - have blurred vision
 - have an uncontrollable craving for food, especially sweets
 - experience tingling, numbness or pain in the legs, feet or fingers
 - have frequent skin infections or itchy skin
-

DIABETES FACTS

- There is no cure for diabetes yet. But medical science is making steady progress to better prevent and control diabetes and to reduce the severity of future complications.
- Diabetes, with its serious complications, is the NO.3 cause of death by disease in the United States.
- Diabetes is the NO.1 cause of new cases of blindness in adults over 45.
- At least 11 million Americans have diabetes.
- This year alone, 600,000 new cases of diabetes will be diagnosed.
- Diabetes strikes women and non-whites more often than other Americans.

FREE LAB TEST FOR DIABETES NOVEMBER 9-11

In recognition of National Diabetes Month the Student Health Center will conduct a diabetes screen on November 9th, 10th and 11th. Any student who is eligible to use the services of the health center will be able to have this done at no charge. Please bring your current fee and I.D. card and come in fasting (nothing to eat or drink for eight hours).

The test will be run on a blood specimen, and the results will be obtained in 5 to 10 minutes. The test will be available from 8:00 AM to 12:00 noon on Tuesday, Wednesday and Thursday mornings. Pamphlets about diabetes are available at the Health Education Center of the Student Health Center.

UPCOMING DIABETES PROGRAMS AT SACRED HEART HOSPITAL

"Choose to Feel Better"

Hear new information about adult onset diabetes (Type II Diabetes) which effects 80% of the diabetic population. Learn to make choices about exercise, insulin and food to feel better. Hear about the emotional side of diabetes from the diabetic's point of view.

DATE: Wednesday, November 10,
7:30 - 9:30 pm

LOCATION: Sacred Heart General Hospital
Auditorium

SPEAKERS: David Calder, M.D.
James C. Buie, M.D.
A panel of diabetes tell their story.

"Taste the Fabulous Fibers"

Learn about the benefits of the new high fiber/high carbohydrate diet (HCF Diet) which is proving to be so successful in the control of diabetes. There will be new ideas for menu planning, cooking, and recipe handouts. The most fun of the evening will be a tasting party where you can sample foods that are high in fiber and carbohydrate.

DATE: Wednesday, November 17,
7:30 - 9:30 pm

LOCATION: Celeste Campbell Senior Center
155 High Street, Eugene

SPEAKERS: Norma Bennett, Registered Dietitian
Robin Wiper, Registered Dietitian

How to register: There are no fees for these two programs, but the hospital does ask that you call and register if you are going to attend the session at Celeste Campbell Senior Center.