

# Living well with diabetes

By  
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IVN Contributing Writer

A positive attitude is Illinois Valley resident Michael Eaton's recipe for the lifestyle commitments required to live well with diabetes. Fifteen years ago all of Eaton's assumptions were turned upside down when he was rushed to the emergency room with a blood sugar level of 1,000 and an eventual diagnosis of Type 1 diabetes.

Normal blood sugar levels should run between 100 and 120.

Eaton was in the intensive care unit for four days and lost 30 pounds. But upon his release he was determined to make the diet and exercise commitments needed to control his disease.

"I just put in my mind that I wasn't going to let it get to me."

Eaton always had a great exercise habit, so that part was easy. Now he walks 3 miles every day.

He watches his diet as well. "There's a difference between good carbs and bad carbs," he advises. "White bread has all the processed sugar in it and whole grains don't. Eat fruits and vegetables, tuna, chicken and fish. Stay away from red meat."

The United States is in the middle of a diabetes epidemic. According to the 2014 National Diabetes Statistics Report, in 2012 there were an estimated 29.1 million Americans with diabetes, or 9.3 percent of the population. Among seniors the prevalence was even higher: 25.9 percent or 11.8 million seniors.

There are two types of diabetes: Type 1 and Type 2. Previously called "juvenile

diabetes," Type 1 tends to be diagnosed at a younger age. Type 1 is more acute than Type 2, and always requires you take insulin either through injection or insulin pump.

But the epidemic is all about Type 2. Ninety percent of Americans with diabetes have Type 2. Type 2 used to be called "adult onset," but U.S. children and adolescents have been diagnosed with Type 2 with increasing frequency over the past 20 years. According to the Mayo Clinic, Type 2 diabetes develops when the body becomes resistant to insulin or when the pancreas stops producing enough insulin. Although exactly why this happens is unknown, genetics and environmental factors, such as excess weight and inactivity, seem to be contributing factors.

Not only that, but an estimated 54 million people in this country have pre-diabetes, according to the Joslin Diabetes Center. The

center reports that those with pre-diabetes are at increased risk of developing Type 2 within a decade, unless they adopt a healthier lifestyle that includes weight loss and more physical activity.

"Diabetes is a horrible disease," says local physician Jim Nordal, "because it doesn't necessarily make you feel bad at first. But you're being asked by your doctor to make unpleasant lifestyle choices. As doctors we try to control people's long term risk, and that makes it tough because people don't immediately see results."

Dr. Nordal also points out that we in the Illinois Valley can be at a disadvantage as far as making the necessary lifestyle changes. Even though we have many outdoor opportunities for exercise, our options in the winter are more limited. Some food options, including places to eat out, are also more limited than in urban areas.

## IRVAC fundraiser to feature Mardi Gras & Creole cuisine

Illinois River Valley Arts Council (IRVAC) will present "Mardi Gras Cruise" February 14 from 5 to 9 p.m. at the Selma Community and Education Center located at 18255 Redwood Highway.

The Oregon Little Big Band Duo, Michelle Le Comte and Tim Wallace, will play classic and contemporary dance music, and a New Orleans inspired dinner is included in the ticket price. Prizes will be awarded for best mask and best costume and the evening's entertainment will include a dance performance by the IRVAC sponsored IVHS Art Stars, led by Gina Angelique.

IRVAC President Kent Fisher states, "Our guests really enjoyed our first cruise event last year and praised the music, food and décor. We're offering a new feature this year. Our "ship board photographer" Bruce Stone will use a green screen and offer patrons their choice of a variety of computer generated backgrounds, from New Orleans to Hawaii. Costumes are not required, but

we encourage our guests to wear their beads and join in the fun."

The 6 p.m. dinner will include a choice of vegetarian or meat jambalaya, beans and rice, an extensive salad bar and a choice of bread pudding or pecan bars. A no-host bar will feature a variety of wines by Bridgeview Vineyards and Deer Creek Vineyards as well as brews donated by Wild River Brewing and Pizza.

The event will kick off at 5 p.m. with dancing. Guests can also simply relax, socialize and view the silent and live auction items ranging from art, jewelry and clothing to a bicycle and a night at the Oregon Caves Chateau for two. Dancing will again commence following dinner.

Tickets are \$25 per person or \$45 per couple; now on sale at the Cave Junction branch of Evergreen Federal Bank. There will be limited seating, and no tickets will be sold at the door.

Utilizing private and federal grants and the new "Studio to School" grant

awarded by the Oregon Community Foundation, IRVAC provides arts education in all three I.V. public schools in partnership with dancefarm. They've also co-sponsored several 3 Rivers Chorale concerts at Immanuel United Methodist Church and a variety of band and choral concerts at The Siskiyou Field Institute's Deer Creek Center.

The 501c3 nonprofit organization has sponsored Cave Junction Second Friday ArtWalk, free to the public since 2000. Other activities and events have included a poetry contest and public art activities. The Gateway Project in 2012 celebrated the 75th anniversary of the completion of Caves Highway.

IRVAC offers special thanks to the "Mardi Gras Cruise" sponsors: Bridgeview Vineyards, Deer Creek Vineyards, Evergreen Federal Bank, Illinois Valley News and Wild River Brewing & Pizza Co. For further information, call 541-592-6288 or go to www.irvac.com.



(Photo by Dan Mancuso, Illinois Valley News)

AMR EMT's check out the high flying ambulance Mercy Flights uses during a practice landing on the new pad at the Siskiyou Medical Center Jan. 23.



Halona Jackson from IVHS has been invited to the 27th annual Down Under Sports Tournament on Australia to represent Oregon Track and Field in the summer of 2015. This is a once in a lifetime opportunity, and we wholeheartedly endorse Halona. Any assistance that you give with be greatly appreciated.

Donations can be made to:

**DOWN UNDER SPORTS**  
1755 NORTH 400 EAST #201  
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