

# 'Double Diabetes' Harder to Detect, Treat

All ages seeing risks of dual diseases

(AP) - Having one type of diabetes is bad enough, but two? Doctors are seeing a new phenomenon dubbed double diabetes that makes it harder to diagnose and treat patients - especially children.

The mix can strike at any age, and comes in various forms: Children who depend on insulin injections because of Type 1 diabetes gain weight and then get the Type 2 form in which their bodies become



Martha Larkin (left), who has Type 1 diabetes and is at high risk for Type 2 diabetes, and her mother, Cindy Stevens. (AP photo)

insulin resistant, for example. Or someone with classic Type 2 symptoms isn't responding to therapy, and tests reveal they also are developing the insulin-dependent form of the disease. Or they may not fall clearly into either category.

The labels are important - different forms require different treatments.

Yet "there are many people in which it's very blurred as to what kind of diabetes they have," says Dr. Francine Kaufman, a University of Southern California pediatric endocrinologist and past president of the American Diabetes Association.

Diabetes occurs when the body can't turn blood sugar, or glucose, into energy, either because it doesn't produce enough insulin or doesn't use it correctly.

Consider Martha Larkin of Pittsburgh, diagnosed with Type 1 diabetes at age 3. For years, her mother would wake up in the middle of the night to test Martha's blood sugar and administer insulin. Set meal-times and off-limit foods became the family's norm.

Then early puberty hit at 10, and Martha began gaining weight, says her mother, Cindy Stevens. Now almost 12, Martha's daily insulin require-

ment grew to that of grown man, signaling developing insulin resistance. And, in a vicious cycle, the more insulin she gets, the hungrier she feels.

"It's painfully hard," she says of her daughter's battles with diabetes and weight.

Scientists don't yet know if double diabetics will need special treatments. For now, the emphasis is on prevention. For Type 2, that means weight loss. For Type 1, scientists are enrolling pregnant women from diabetes-prone families into a major study to hunt what might protect their babies from the illness later in life.

## Million Fathers to March to School

Key is active role in a child's education

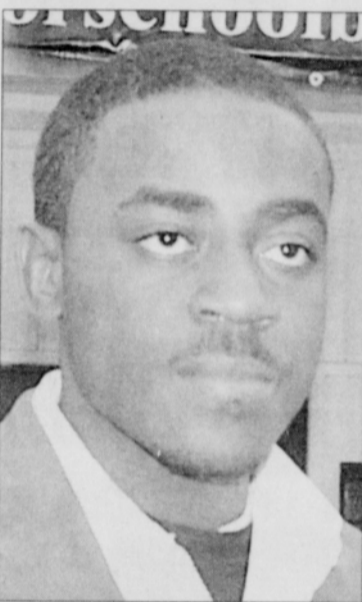
One million fathers and other men across the nation will take children to school in the coming weeks on the first day of the school year.

Last year, men from 25 cities participated in the Million Father March. This year, scores of men from 100 cities — including Portland — are expected to participate in this event which seeks to provide an escort of safety, support and encouragement to children of all ages.

The march is being led in Portland by Charles McGee, a Franklin High School graduate and local African-American resident who ran for the Portland School Board last spring.

While this event is sponsored by black men, men of all races and women are also encouraged to take children to school on their first day of school.

Research shows that children whose fathers take active roles in their educational lives earn better grades, get better test scores, enjoy school more and are more likely to graduate from high school and attend college. Additionally, children have fewer behavior problems when fathers speak and listen to their children regularly and are ac-



Charles McGee

tive in their lives.

A good father is part of a good parent team and is critical to strong family structures.

Fathers, grandfathers, foster fathers, step-fathers, uncles, cousins, big brothers, significant male caregivers and friends of the family will participate in the event.

"A father who actively participates in the educational and social development life of a child is invaluable and irreplaceable," says Phillip Jackson, executive director of The Black Star Project, one of the promoters of the march.

For information about Portland's participation in the event, email Charles McGee at charles.mcgee@co.multnomah.or.us.



## Street Fair Cancelled

A lack of funding and volunteers to has led to the cancellation of next month's Alberta Street Fair.

The fair has drawn thousands of people each September to celebrate community spirit, art and performance. After seven years, it has become an institution - a celebration of community and good for local business.

But the fair requires months of concentrated planning and energy to raise funds, organize the enter-

tainment and parade, work with the art and food vendors and publicize the event.

This year, in spite of repeated attempts to recruit volunteers, not enough people from the community stepped up to the plate and funding fell short of expectations, organizers said.

Although they decided to skip this year's fair, street fair proponents said they do plan on concentrating on organizing and fundraising for next year.

## Symphony Plays Parks

Oregon Symphony in the Neighborhoods will host two free concerts in local parks soon.

An afternoon festival begins at 3 p.m. on Aug. 27 at Woodlawn Park, featuring hands-on activities for all ages, performances and information booths. Later that night, the Oregon

Symphony will perform at 7 p.m.

On Thursday, Sept. 1 at the Tom McCall Waterfront Park, the Portland Youth Philharmonic will host a concert at 5 p.m., with the Oregon Symphony performing at 7 p.m.

For more information, visit [www.orsymphony.org](http://www.orsymphony.org).

## Grandparent Assistance Available

Grandparents age 60 or over with custody of a grandchild 18 or younger may be eligible for financial assistance to pay for childcare, recreation programs or after-school programs. Grandparents may also be eligible for financial assistance to take classes that would assist in

the grand-parenting role.

These short-term funds are available through the Multnomah County Family Caregiver Support Program. For more information call Multnomah County Aging and Disability Services Helpline at 503-988-3646.

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