

HEALTH NOTES

I recently attended a workshop on the most common form of diabetes the American Indian population, non-insulin dependent diabetes mellitus (NIDDM) or Type II diabetes. Current research is showing that exercise and diet may have a greater role in helping control Type II diabetes than previously thought.

Two major points were stressed: 1. weight loss/control and management of blood sugar levels may help prevent or delay on the onset of major complications (trouble with vision, heart and kidneys are the most common) 2. control of this disease lies in the hands of the patient himself.

Darlia Dugan

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SUMMER SOFTBALL

Some of us here at the office are interested in getting a women's softball team together for this summer. If anyone is interested in playing, could you please call Teri or Barbara at the Tribal Office, 879-5211, so we can get an idea of how many people are interested in playing.

