



WILL YOU BE READY?

The Be Ready Disaster Preparedness Expo on Nov. 5 encouraged more than 500 members of the community to prepare a plan, make a survival kit and learn important skills to be ready — for anything, but especially the “Big One” subduction zone earthquake and tsunami expected to strike the Cascadia region sometime in the next 50 years. Experts predict that coast residents need to have a two-week supply of food, water and other essentials. At the expo, dozens of vendors, numerous speakers and a panel of local first responders and Lane County Office of Emergency Management addressed questions and gave advice. Survivalist, reality TV star and author Mykel Hawke provided the keynote presentation. In a workshop, PeaceHealth Peace Harbor Medical Center’s Dr. Ron Shearer instructed more than 40 participants on how to suture wounds. Outside, U.S. Coast Guard Station Siuslaw River parked a motor life boat near where Florence Kiwanis Club grilled up a free hot dog lunch. Siuslaw News and Western Lane Emergency Operations Group (WLEOG) sponsored the expo at Florence Events Center.



PHOTOS BY JACK DAVIS AND CHANTELE MEYER/SIUSLAW NEWS



american diabetes month

Identify Your Risk for Diabetes

(TF) — “There are more than 16 million Americans living with diabetes and at least one-third of these people remain undiagnosed,” says Robert Sherwin, M.D., president of the American Diabetes Association (ADA). “That is why diabetes is called the ‘silent killer.’”

Diabetes is a serious disease that can lead to blindness, heart disease, strokes, kidney failure and amputations. It kills more than 193,000 people each year.

Many people have diabetes for years before they are diagnosed because symptoms can remain undetected. It is only after a person’s eyes, nerves and kidneys fail, or they have a heart attack or stroke that they discover they have the disease. Diabetes is more common in American Indians, Latinos, African-

Americans, Asian-Americans and Pacific Islanders.

Test your knowledge about diabetes risk factors by taking the quiz below. If you suspect you have diabetes or know someone suffering from extreme thirst, frequent urination and unexplained weight loss, see a doctor immediately. For more information, call (800) DIABETES or visit www.diabetes.org.

COULD YOU HAVE DIABETES AND NOT KNOW IT?

To find out if you are at risk, write in the points next to each statement that is *true* for you. If a statement is *not true*, put a zero. Add your total score.

1. My weight is equal to or above that listed in the chart.

Yes 5 ____
2. I am under 65 years of age **and** I get little or no exercise.

Yes 5 ____
3. I am between 45 and 64 years of age.

Yes 5 ____
4. I am 65 years old or older.

Yes 9 ____
5. I am a woman who has had a baby weighing more than nine pounds at birth.

Yes 1 ____
6. I have a sister or brother with diabetes.

Yes 1 ____
7. I have a parent with diabetes.

Yes 1 ____

TOTAL ____

Scoring 3 to 9 points

You are probably at low risk for having diabetes now. But don’t just forget about it — especially if your are Latino, American Indian, African-American, Asian-American, or Pacific Islander. You may be at a higher risk in the future. New guidelines recommend that adults age 45 and over should consider being tested for diabetes every three years. However, people at a high risk should consider beginning testing at a younger age.

Scoring 10 points or more

You are at a high risk for having diabetes. Only your healthcare provider can determine if you have diabetes. If you or someone you know is experiencing frequent urination, extreme thirst and sudden, unexplained weight loss and you suspect diabetes, see your healthcare provider at once to find out for sure.

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AT-RISK WEIGHT CHART

Height	Weight
feet/inches without shoes	pounds without clothing
4’ 10”	129
4’ 11”	133
5’ 0”	138
5’ 1”	143
5’ 2”	147
5’ 3”	152
5’ 4”	157
5’ 5”	162
5’ 6”	167
5’ 7”	172
5’ 8”	177
5’ 9”	182
5’ 10”	188
5’ 11”	193
6’ 0”	199
6’ 1”	204
6’ 2”	210
6’ 3”	216
6’ 4”	221

If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes. This chart is based on a measure called the Body Mass Index (BMI). The chart shows unhealthy weights for men and women 35 or older at the listed heights. At-risk weights are lower for individuals under the age of 35.



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