

# Diabetics Found Able To Wed, Hold Down Responsible Work

(Editor's note: This, the last of three dispatches telling what you should know about diabetes, discusses the social and economic aspects of the disease.)

By HAROLD BRANDALEONE, M.D. President, New York Diabetes Association

Should a diabetic marry and have children? Can he hold down almost any type of job? In most cases, thanks to medical progress, the answer to these questions can be an emphatic "yes!"

When the disease is discovered early and is properly controlled, the diabetic usually can do almost anything he wants to do. It is high time for employers—and some diabetics themselves—to stop thinking of diabetes as a crippling physical drawback.

The dramatic discovery of insulin and then the advent of the first successful oral drug, Orinase, changed all that. Today, with a few exceptions, there is no reason to exclude the diabetic from jobs and other activities he can perform with great competence. Opportunities Broaden

For diabetics who can take Orinase, employment opportunities have been broadened substantially because the danger of insulin shock is removed.

Only the most hazardous jobs—piloting an airplane, operating a moving crane, driving a bus—are ruled out for them.

Unfortunately, some employers still hesitate to hire diabetics for reasons ranging from fear of prolonged absenteeism to the possibility of insulin shock. This is a short-

sighted view. To be on the safe side, employers who wish to hire competent diabetics may set up a program something like this:

—Require rigid pre-placement examinations.

—Fix standards for control of the disease.

—Arrange regular medical supervision with a periodic review of each case.

Rarely does a veteran employee who develops diabetes have to change his job.

More and more insurance companies, impressed with the health and longevity records of well-controlled diabetics, find them acceptable risks. The companies are perfectly justified, however, in rejecting applicants who are unwilling or unable to keep their disease in check.

Meanwhile, insurance companies give first consideration to whether the disease is under good control. They are interested in such matters as how long the applicant has been diabetic, the estimated severity of his case, and whether or not there are complications.

These requisites of the insurance companies emphasize the need for early diabetes detection and proper treatment. The rules that they establish are based on statistics showing that early detection and proper control prolongs the life of the diabetic.

Once he accepts the necessity for following a routine, the diabetic is prepared to stand on his own feet—to

earn a good living and to have a family of his own.

Marriage usually is a good risk if the diabetic weds a non-diabetic with no history of the disease in the family. Such couples generally have normal children. Medical science thinks it unwise, however, for two diabetics to marry since their children are more likely to inherit the disease.

**Pregnancy Safe**

One of the most impressive gains in the fight against diabetes has been to make pregnancy and childbirth relatively safe for diabetic mothers and their offspring.

Recent history is filled with cases of well-known persons who refused to let diabetes keep them from leading active lives. The late Mayor Fiorello H. LaGuardia of New York was a diabetic. So was H. G. Wells, the noted writer. So today is Senator Clinton P. Anderson of New Mexico, a former Secretary of Agriculture. Some popular sports figures, tennis stars Billy Talbert and Ham Richardson, are diabetics.

Of course, difficult cases will arise. Some diabetics have real emotional problems. A few even refuse to believe that they have the disease and reject all medical advice. Some are sensitive about the necessity for taking insulin injections.

Diabetics in children, often the hardest of all to control, is a special problem. Child diabetics may be embarrassed because they can't stuff candy and cookies like their friends. One heartening development is the growth of summer camp for these youngsters.

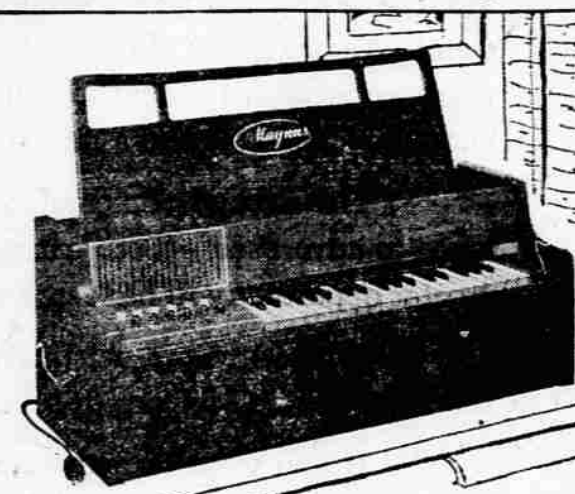
There are 26 such camps in the United States and 5 more just across the border in Canada. One of the oldest—is Camp Nyda, founded 25 years ago by the New York Diabetes Association. Two groups of 100 children each, aged 5½ to 16, spend four weeks each summer at Nyda.

**Self-Confidence**  
The basic purpose is to give the children self-confidence by teaching them to care for themselves and by convincing them that, with care, diabetics need not prevent them from enjoying a normal and full life.

The theory is that by "training the child in the way he should go," the adult diabetic will be prepared to meet the problems of his disease without emotional upset. Certainly, there is no cause for undue alarm, discouragement or worry.

Again, the key to the riddle of diabetes lies in early detection. If Diabetes Week is the success it deserves to be, thousands of "hidden" diabetics will be found and directed along the road to a better and a longer life.

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## Truck, Car Are Damaged in Mishap

A rear-end collision between a truck and trailer and a car five miles south of Ashland early Wednesday morning damaged both vehicles, but no injuries were reported, state police said.

A truck and trailer driven by Homer Clifford Snodgrass, 43, of Prospect, was going south on Highway 99 when a car driven by Elwood V. Gueck, 42, of Klamath Falls, struck the truck and trailer from behind, state police said.

The car was unable to slow down for the truck, state police reported. Heavy damage resulted to the front end of the car and some damage to the left rear trailer wheels, officers said.

Gueck was advised a complaint would be filed against him in Ashland justice of the peace court charging violation of the basic rule.

The narrow road separating Sweden and Denmark is one of the most heavily traveled international waterways in the world. In 1958, about 12 million passengers were carried across it.

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