

Diabetes:

Who, What, Why?

What is diabetes?

Diabetes is a condition that prevents the body from using food properly. Our bodies run on a fuel called glucose, a single form of sugar that comes mainly from the starches and sugars we eat. Starches are found in the foods like potatoes, bread and spaghetti; sugars are found in pies, fruits, candy, soda pop, milk and others. Together, sugars and starches are referred to as carbohydrates.

To use the glucose from foods for energy, the body needs a hormone called insulin. Insulin, a chemical substance is produced in the pancreas, a gland located behind the stomach. It might be said that insulin is the "spark" needed by the body cells to burn glucose which, in turn, produces the heat and energy required to maintain life. There is not enough insulin in the diabetic.

If the pancreas fails to produce a sufficient supply of insulin, glucose cannot be used or stored in the body. When glucose can't get into the cells, it builds up in the bloodstream, passes through the kidneys and spills into the urine. This is called "spilling" sugar into the urine.

Who gets diabetes?

Diabetes is a common disease that affects people all over the world. About 10 million Americans have diabetes and half of them don't know why. The tendency to develop diabetes runs in families. Diabetes can develop at any age, but generally occurs in adults between the ages of 40 and 60. Diabetes is most often found in persons who are overweight and, for some unknown reason, occur more frequently in women than in men. Women who have had children, particularly those who had very large babies (over 10 pounds at birth) have a high incidence of diabetes. Children can have diabetes, too.

Symptoms of diabetes

1. Frequent urination.
2. Excessive thirst.
3. Extreme hunger.
4. Loss of weight.
5. Fatigue, weakness and drowsiness.
6. Intense itching, particularly in the genital area.
7. Failing eyesight.
8. Skin infections or cuts that are slow to heal.

The most common symptoms are frequent urination, excessive thirst, rapid weight loss and extreme hunger. If you notice any of these symptoms, see your doctor.

Diabetes cannot be cured, but it can be controlled. Unlike other illnesses, diabetes cannot be treated by the doctor alone. The doctor must depend on the patient's knowledge of the disease and his ability and willingness to keep it under control.

With the proper treatment, most diabetics learn to lead active, normal lives.

Regular exercise, such as a daily walk, is good for you. Exercise helps reduce the sugar in your body. It also strengthens muscles and improves circulation. A planned exercise program should be followed as directed by your doctor.

Personal hygiene

Diabetic patients are susceptible to skin infections, boils and carbuncles.

Do:

1. Get enough rest and sleep.
2. Wash daily with soap and lukewarm water.
3. Be careful not to injure legs, feet and toes.
4. Cut toenails after a bath, when your feet are clean. Cut the nails across, even with the toes, never shorter.



5. Wear properly fitted shoes and break in new shoes gradually. Diabetic patients often have trouble with circulation in their legs and feet. (It is important to give your feet special care!)

Don't:

1. Walk barefoot.
2. Use a hot water bottle, heating pad, or any heating device on your feet.
3. Don't wear anything tight around your legs or ankles that might in any way reduce the blood supply to your feet.

Despite diabetes, you can lead a normal, healthy and productive life by learning as much as you can about your condition and cooperate with your physician. The future is in your hands.

Proper treatment

1. Diet and weight adjustment — the right foods in the right amounts at the right time.
2. Exercise — the right amount of activity.
3. Insulin — by injection or medicine by mouth, depending on severity of the diabetes.
4. Good personal hygiene.

5. Testing for sugar in urine.

Diet and weight control are the foundation for management of diabetes. Your doctor will give you instructions about what foods you should eat. The diet he has prescribed is well balanced and nourishing. For the most part, you will eat the same foods as rest of the family. However, the amounts will be regulated. Food high in sugar and starches should be avoided. Meals should be eaten at a regular time each day.

Oral drugs or insulin

Take your diabetes medication every day as prescribed by your doctor. Do not take medication for other ailments without first checking with your doctor. Your doctor will adjust the amount of medication you take depending upon how well your blood sugar is controlled.

There are several easy tests a diabetic may perform to help determine the effectiveness of control. Available are products such as Clinistix, Diastix, Keotstix, all of which are dipped in patients' urine and compared with a color chart to see how much sugar is in the urine. All of the above preparations may be obtained from any drugstore.

Yes, Virginia There Is A Santa Claus



Is there a Santa Claus?

The question each year is asked by thousands of children around the world and parents sometime are hard pressed to come up with just the right answer.

Perhaps the best answer of all came in 1897 when a little girl by the name of Virginia O'Hanlon had the same question. She asked her father and he told her, "Write to the New York Sun. If the Sun says there is a Santa Claus, there is a Santa Claus."

The answer to Virginia's question was written by Editor Francis Pharcellus Church and it has become a classic.

Here it is:

"Dear Editor:

I am eight years old.

Some of my little friends say there is no Santa Claus.

Papa says, 'If you see it in the Sun, it's so.'

Please tell me the truth, is there a Santa Claus?"

Here is Francis Church's classic answer:

"Virginia, your little friends are wrong. They have been affected by the skepticism of a skeptical age. They do not believe except what they see.

They think that nothing can be which is not comprehensible by their little minds.

All minds, Virginia, whether they be men's or children's are little. In this great universe of ours, man is a mere insect, an ant in his intellect as compared with the boundless world around him, as measured by the intelligence capable of grasping the whole truth and knowledge.

Yes, Virginia there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy.

Alas, how dreary would be the world if there were no Santa Claus! It would be as dreary as if there were no Virginias. There would be no childlike faith then, no poetry, no romance to make tolerable this existence. We should have no enjoyment, except in sense and sight. The eternal light with which childhood fills the world would be extinguished.

Not believe in Santa Claus! You might as well not believe in fairies! You might get your papa to hire men to watch in all the chimneys on Christmas Eve to catch Santa Claus,

but even if they did not see Santa Claus coming down, what would that prove? Nobody sees Santa Claus, but that is no sign that there is no Santa Claus. The most real things in the world are those that neither children nor men can see.

Did you ever see fairies dancing on the lawn? Of course not, but that's not proof that they are not there. Nobody can conceive or imagine all the wonders that are unseen and unseeable in the world.

You tear apart the baby's rattle and see what makes the noise inside, but there is a veil covering the unseen world which not the strongest men that ever lived could tear apart. Only faith, fancy, poetry, love, and romance can push aside that curtain and view and picture the supernatural beauty and glory beyond. Is it all real? Ah, Virginia, in all this world there is nothing else real and abiding.

No Santa Claus! Thank God, he lives and he lives forever. A thousand years from now, Virginia, nay, ten times ten thousand years from now, he will continue to make glad the heart of childhood."