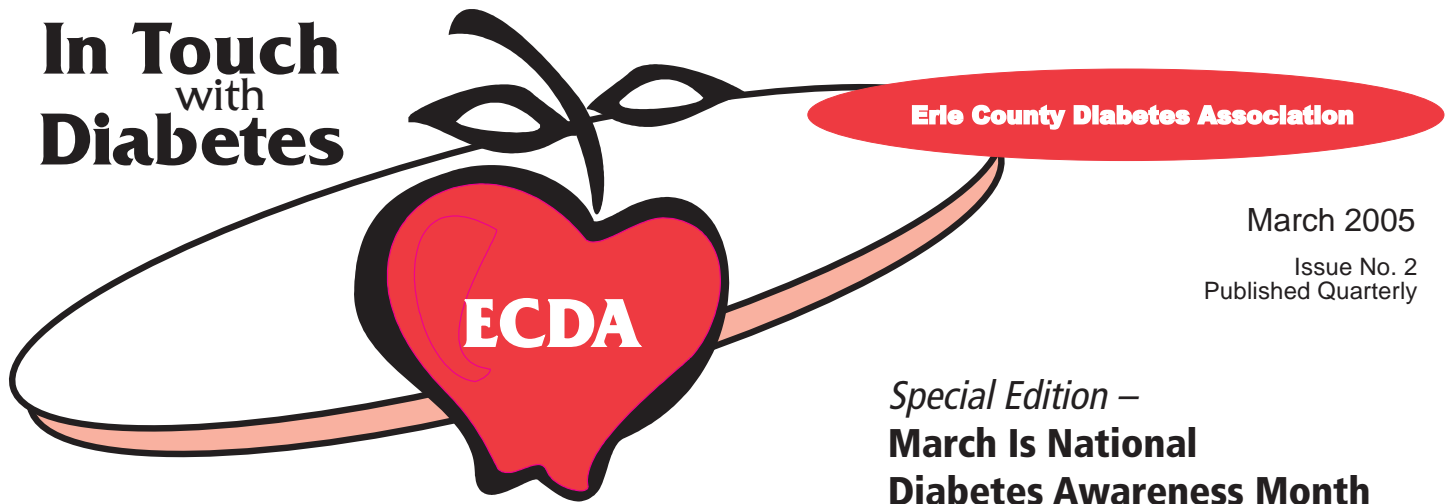


# In Touch with Diabetes



Erle County Diabetes Association

March 2005

Issue No. 2  
Published Quarterly

*Special Edition –*  
**March Is National  
Diabetes Awareness Month**

## Diabetes Wake Up Call: Children and Diabetes

Obesity among American children and adolescents has tripled since the 1980's and serious health consequences have followed.

The New England Journal of Medicine reports that 25% of very obese children and 21% of very obese adolescents have blood sugar levels in the "Pre-Diabetes" range (fasting blood sugar between 100 and 125). Many children and teens are also showing early signs of heart disease. Kids who develop Type 2 Diabetes during adolescence will pay for it later-but not much later. Complications of Diabetes can be evident within 10 years after diagnosis. Life expectancy is cut short. Imagine developing eye, kidney, heart or nerve disease in your early 20's.

Recent surveys reveal that many parents describe their children's weight as "normal" even though it is well above the normal range. Many parents are also overweight. Because determination of whether a child is overweight involves a modification of how we determine the same in adults, an open discussion with the school nurse, the family doctor and other health professionals is an important first step. Pennsylvania is also mandating that children in K-4<sup>th</sup> grades will have their BMI (body mass index) measured and parents will be notified of the results.

Weight management is a very important family issue. The American Diabetes Association developed an initiative called "Weight Loss Matters." It features

many resources to help families learn positive approaches to weight management to prevent Diabetes. You can visit [www.diabetes.org](http://www.diabetes.org) or call 1-800-Diabetes for more information. Weight loss doesn't just matter-it can save your life as well as the lives of your children. Begin some lifestyle changes right now. Turn off the TV or the computer and take an inventory of foods in your kitchen. For every piece of junk food, substitute fruits and vegetables during your next grocery shopping trip.

Remember, it's easier to prevent Diabetes than to deal with its many challenges and complications in the future.

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### **Be a Diabetes Ambassador during March.**

**Give the risk test in this newsletter to a family member, co-worker or friend to help them identify if they are at risk for Diabetes. If their score is 10 or more, strongly encourage them to ask their doctor to order a fasting blood sugar.**

# Lifestyle Changes Can Make a Difference

Large research studies have shown that Type 2 Diabetes (the most common type of Diabetes) can be prevented or delayed if individuals can make several important lifestyle changes. These include: Asking your doctor to order a fasting blood sugar (the result should be less than 100), Losing 5-7% of current body weight- if you are overweight, Getting some form of exercise daily for 30 minutes a day at least 5 days a week.

## Blood Pressure Values

Normal blood pressure  
120/80 or less.  
Goal for person  
with Diabetes  
130/80 or less.  
Pre-High Blood Pressure  
120-139/80-89  
High Blood Pressure  
140/90

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110 West 10<sup>th</sup> Street, Suite 203  
Erie, PA 16501  
www.diabeteserie.org  
(814) 454-0715



## COMMON SIGNS AND SYMPTOMS OF DIABETES

MANY OF THE SIGNS AND SYMPTOMS COME ON GRADUALLY AND CAN BE EASILY EXPLAINED AWAY. PAY CLOSE ATTENTION ANYTIME YOU ARE FEELING DIFFERENT THAN USUAL. DISCUSS THESE SYMPTOMS WITH YOUR DOCTOR.

- Increased thirst.
- Frequent trips to the bathroom, especially at night.
- Increased appetite.
- Unexplained weight loss or weight gain.
- Extreme tiredness.
- Blurred vision.
- Itchiness of the skin.
- A cut or sore that does not heal quickly.
- Vaginal infections in women.

## Where Can I Be Tested For Diabetes?

Ask your doctor when the last time your fasting blood sugar was checked especially if you are over 40, overweight, and have a family history of Diabetes. For this test, you need to fast for 8-10 hours and the blood needs to be analyzed by a laboratory.

Blood sugar “screenings” alone cannot diagnose Diabetes. Screenings are available throughout the community. A 2 hour fast (nothing to eat or drink for 2 hours) is needed. A finger stick will be done. The results should be no higher than 140 two hours after eating. There may or may not be a charge for the screening. Call the Erie Center on Health and Aging for screening locations and times at 453-5072. Remember this is only a screening. Follow-up with your physician is extremely important.

## Metabolic Syndrome Are You At Risk?

Metabolic syndrome (insulin resistance) affects 41 million Americans. It is a cluster of conditions that raise your risk of developing Diabetes. If you have any three of the following, you probably have metabolic syndrome (often called Syndrome X).

- A waist measurement of more than 40 inches for men or more than 35 inches for women.
- A blood pressure of 130/80 or higher.
- HDL (good cholesterol) less than 40 for men or less than 50 for women.
- Triglycerides of 150 or greater.
- Blood sugar level of 110 or higher.

Great Lakes Diabetes Institute  
Excellence in Education and Technology

# Diabetes 2005 Expo

- Free Community Event
- Diabetes Experts
- Product Exhibits
- Free Samples
- Free Information



Featuring the  
world-renowned

CHRIS SMITH  
and  
THE DIABETIC CHEF™

Tuesday, March 29

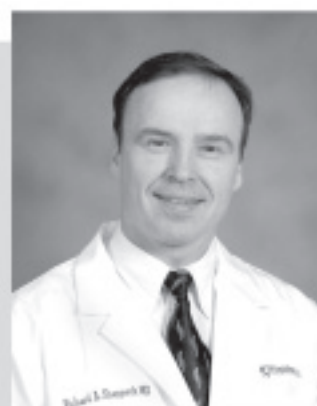
2 - 6 p.m.

Erie Shrine Club

2525 West 38th Street, Erie, PA

"Optimism for Diabetic Neuropathy" • Richard Sheppeck, MD from 3 - 4 p.m.

"Cooking for a Healthy Lifestyle" • Chef Chris Smith from 4 - 5:30 p.m.



RICHARD  
SHEPPECK,  
MD  
Flagship CVTS



Erie County  
Diabetes Association

Wegmans



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Hamot

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Diabetes Institute  
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# MARK YOUR CALENDAR

## **Diabetes support groups are offered throughout Erie County.**

Call the ECDA office for a schedule at 454-0715. The Diabetes support group previously held on the first Friday of every month at Emergycare has been relocated to the Booker T. Washington Center at 18<sup>th</sup> and Holland Street in Erie. Also, instead of starting at 12pm, **the support group will now start at 12:30pm.**

## **Wednesday, March 16, 6:30pm-8:30pm**

### **Is Diabetes Closer Than You Think?**

This program will help you to identify your risks for developing Diabetes and more important share what you can do to prevent or delay Diabetes. The general public is encouraged to take time in the interest of their health to attend this important program.

RSVP at ECDA, 454-0715 by March 14, 2005. All attendees will be entered in a drawing for a free pedometer.

## **Saturday, March 12, 19, 26, 2005, 11:30am-12pm.**

Tune in to a one half hour live radio broadcast on WJET talk radio. It is being sponsored by the Erie County Diabetes Association to discuss hot topics in Diabetes to celebrate March as Diabetes Awareness month. Call in your question at 455-1400.

## **Sundays at 7pm beginning March 20**

Tune in on CNBC cable channel to a one half hour live Diabetes broadcast. Hosted by celebrities and including the most up to date information about Diabetes. Don't miss it.

## **Saturday, March 26, 2005**

### **"Free Diabetes Workshop"**

Type 2 Diabetes Update 2005 (includes a complimentary A1C blood test. No fasting required.

2-4pm

Doctor Joseph Leone and Doctor Thomas Masters office  
2828 Sterrettania Road, Erie Pa.  
RSVP by March 7 at 833-9700.

## **Check out Adelphia**

### **Cable Access Channel 17**

Check the program menu for times of a re-broadcast of What's New In Diabetes. Judy Halcom, R.N., Certified Diabetes Educator provides a wake-up call about Diabetes. We have received many calls at the ECDA office from people who have found the show very informative. It will be re-broadcast during the weeks of March 9-15, 2005 and March 16-22, 2005. Check it out.

## **Tuesday, April 5, 12, 19, 26 and May 3, 2005**

7-8pm

### **Union City Senior Center**

This free bi-annual multi session support group is sponsored by Corry Memorial Hospital and is open to persons with Diabetes and support persons. A variety of topics and plenty of time for questions are included. No reservations are needed. Persons outside the area are also encouraged to attend. Refreshments will be provided. For more information, call Corry Memorial Hospital at 814/664-4641.

## **Saturday, April 23 and April 30, 2005, 9am-12pm**

Join us for the popular Dining With Diabetes two part program sponsored by the Penn State Cooperative Extension and supported by ECDA.

It is being held at the Erie Center on Health and Aging, 4<sup>th</sup> and Peach Street, Erie, Pa. There is a \$10.00 cost per person to cover food for the event. Persons with Diabetes, support persons and the general public are invited to attend. Send check and name, address and phone number to Penn State Cooperative Extension, 850 East Gore Road, Erie, Pa., 16509 no later than April 18.

For more information, call 825-0900 or 454-0715.

## **Thursday, April 28, 2005**

ECDA Annual Benefit Dinner at Sabella's of Union Station, Erie. Cost is \$30.00 per person. Consider getting a table of 8 people together to show your support of ECDA and help us to continue to help the community. Call 454-0715 for more information. Also see the additional write up in this issue of the newsletter.

## **Wednesday, May 11**

6:30pm-8:30pm

### **Erie Center on Health and Aging, 4<sup>th</sup> Peach St., Erie.**

This program called the "Healthy Diabetes Plate" is being sponsored by the Penn State Cooperative Extension and will focus on hands on experience for portion control in Diabetes meal planning. Recipes and taste testing are included. The cost per person is \$2.00. For more information, call 825-0900.

RSVP by May 4<sup>th</sup>.

## **Do You Have Diabetes?**

What was your last A1C result?  
Not Sure?????

Call ECDA at 454-0715 for more information and to obtain a free brochure about this important blood test.

# Could You Have Diabetes and Not Know It?

## Take the Test. Know your Score.

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

	<u>Yes</u>	<u>No</u>
1. <i>According to my height</i> , my weight is equal to or above that listed in the chart to the right.	5	0
2. I am <i>under</i> 65 years of age <u>and</u> I get <i>little or no</i> exercise during a usual day.	5	0
3. I am <i>between</i> 45 and 64 years of age.	5	0
4. I <i>am</i> 65 years old or older.	9	0
5. I am a woman who has had a baby weighing more than nine pounds at birth.	1	0
6. I have a sister or brother with diabetes.	1	0
7. I <i>have or had</i> a parent with diabetes.	1	0
<b>Total Points:</b>	_____	

### Scoring 3-9 points:

You are probably at low risk for having diabetes now. But don't just forget about it -- especially if you are Hispanic/Latino, African American, American Indian, Asian American, or Pacific Islander. You may be at higher risk in the future.

### Scoring 10 or more points:

You are at greater risk for having diabetes. Only your health care provider can determine if you have diabetes. At your next office visit, find out for sure.

Age: \_\_\_\_\_

Gender: M            F

Race: (check ONE)

- White
- African American
- Latino
- Native American
- Asian American
- Pacific Islander
- Other \_\_\_\_\_

**At-Risk Weight Chart**

Height (ft., in. - no shoes)	Women (lbs.)	Men (lbs.)
4'9"	134	142
4'10"	137	146
4'11"	140	149
5'0"	143	153
5'1"	146	157
5'2"	150	160
5'3"	154	162
5'4"	157	165
5'5"	161	168
5'6"	164	172
5'7"	168	175
5'8"	172	179
5'9"	175	182
5'10"	178	186
5'11"	182	190
6'0"	186	194
6'1"	190	199
6'2"	194	203
6'3"	198	209

The chart above shows weights that are 20 percent heavier than what is recommended for men and women with a medium frame without clothes. If your weight is at or above the amount listed for your height, you may be at risk for diabetes.

# WHAT IS THE NORMAL BLOOD SUGAR?

A fasting blood sugar should be ordered by your doctor and done by a laboratory after you have fasted for 8- 10 hours.

## RESULTS

Normal blood sugar (no Diabetes) .....	less than 100.
Pre-Diabetes .....	100- 125.
Diabetes is generally diagnosed .....	126 or higher

**on two different**  
**occasions.**

With the most common type of Diabetes (Type 2), the condition comes on gradually over a period of 7-10 years. Therefore, if you are tested and your blood sugar is between 100 and 125, you may have Pre-Diabetes, which means you are starting to develop problems with maintaining a normal blood sugar. It is critical that you take action. Efforts to lose weight and get more exercise can make a tremendous difference. Ask your doctor to refer you to a dietitian. If action is taken, you can reduce your risk of developing Diabetes by about 50%. If no action is taken, you are placing yourself at greater risk of developing Diabetes within 10 years.

## WHO SHOULD HAVE THE FASTING BLOOD SUGAR TEST?

- If you score 10 or higher on the risk test.
- If you are age 45 or older”, overweight, get little or no exercise, have a family history of Diabetes.
- If you are under age 45, overweight and **ANY** of the following are true:

Blood pressure of 140/90 or higher.

Cholesterol higher than 200.

Triglycerides higher than 150.

Family history.

History of gestational diabetes.

Get little or no exercise.

Are in one of the high risk ethnic groups

(African American, Hispanic American,

Native American Indian, Latino American)



# CHECK IT OUT

**“Think Well To Be Well.”** If you are having trouble changing some of your behaviors necessary to manage Diabetes, this book offers some proven positive strategies. For your copy, send a check for \$8.95 (includes shipping and handling) to Diabetes Research and Wellness Foundation, Attention: Think Well Book, P.O. Box 96046, Washington, D. C. 20077-7240.

**“Free Offer” from ECDA.** The first person, who gives the diabetes risk test included in this newsletter to a family member, friend or co-worker and calls ECDA at 454-0715 with the

results, will receive a free pedometer. If you get the answering machine, be sure to leave the specific information to qualify to win.

**“Free Offer” from ECDA.** Be one of the first five people to visit the ECDA table at the Diabetes Expo on March 29 (program flyer enclosed in this newsletter). Tell us your last A1C result and receive a copy of “Meditations on Diabetes” or a free pedometer. If you do not have Diabetes, tell us what your last fasting blood sugar result was.

**Call ECDA** if you take the diabetes risk test in this newsletter and score 10 or more. We’ll send you some important information

on Pre-Diabetes and how you can prevent or delay developing Diabetes.

## **The Northwest PARDI (Pennsylvania Regional Diabetes Initiative)**

The Steering Committee continues to meet to discuss strategies for improving Diabetes care in Northwest PA. Current initiatives include development of a campaign to educate the Diabetes community about the A1C blood test to measure overall Diabetes control. Additionally, a Community Guide to Diabetes Resources is being developed. Stay tuned for more information about how you can become involved in the NWPARDI.

## Join us at the Annual ECDA Benefit Dinner

The benefit dinner will be held on Thursday, April 28 at Sabella’s of Union Station in Erie. The \$30.00 cost per person includes a buffet dinner and a support donation for ECDA’s programs and services. Why not encourage your employer to sponsor a table of 8 for the event. If you are unable to attend the dinner, your donation will enable someone less fortunate with Diabetes to join us at the dinner. RSVP with payment is appreciated no later than April 20. For more info, call ECDA at 454-0715.

## Adopt A Charity

Have your group or business sponsor a fund-raiser to benefit ECDA. Call for more information at 454-0715.



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Erie County Diabetes Association, Inc.  
110 West 10<sup>th</sup> Street, Suite 203  
Erie, PA 16501  
[www.diabeteserie.org](http://www.diabeteserie.org)  
(814) 454-0715

### *Sweet Reminder:*

Join us at the Diabetes Expo on  
March 29, 2005 at the Shrine  
Club at 38<sup>th</sup> and Zuck Road in  
Erie from 2-6pm.

## MISSION

*The mission of the Erie  
County Diabetes Association  
is to promote a community  
awareness about the  
seriousness and risks of  
Diabetes in order to facilitate  
the prevention, early  
detection and comprehensive  
management of Diabetes.  
We believe that our  
personalized information,  
support and referral service  
will promote the health of our  
community overall.*

## Tune In

Radio Show. "Diabetes Wake-Up Call" on Saturday, March 12, 19, 26 at 11:30am. On WJET talk radio, 1400 AM. It's live so call in your questions at 455-1400.

## TV Diabetes Broadcast

Beginning Sunday, March 20 every Sunday evening at 7pm Eastern Standard Time on CNBC, watch a live one half hour broadcast about the latest in Diabetes. Call ECDA after the broadcast and let us know what you thought of the show.

# DIABETES SUPPORT GROUPS

Most support groups are usually held monthly. No reservations are needed unless otherwise indicated. Support persons and individuals without Diabetes are also welcome. IT IS ADVISED THAT YOU CALL THE PHONE NUMBER UNDER THE SUPPORT GROUP BEFORE ATTENDING A GROUP FOR THE FIRST TIME IN CASE THERE IS A SCHEDULE CHANGE.

## MONDAY SUPPORT GROUPS

2<sup>nd</sup> Monday of Month 4PM  
Great Lakes Diabetes Institute  
1701 Peach Street  
Erie, Pa 877-6130  
Call for schedule of topics for the month.

Last Monday of month 10AM  
Northwest Senior Center  
9 Academy St.  
Albion, Pa (814) 756-5373

## TUESDAY SUPPORT GROUPS

2<sup>nd</sup> Tuesday of every other month 10:30AM  
March 8, May 10, September 13, November 1  
Union City Senior Center  
9 Third Avenue  
Union City, Pa (814) 438-2146

Last Tuesday of month 10AM  
Tri-Boro Senior Ctr.  
7555 Main St.  
Fairview, Pa 474-2211

## WEDNESDAY SUPPORT GROUPS

2<sup>nd</sup> Wednesday of month 7PM  
Saint Vincent Women's Center  
311 West 24<sup>th</sup> Street, Erie, Pa  
No meetings until April  
RSVP 24 hours before at 452-7354.

## THURSDAY SUPPORT GROUPS

1st Thursday 10:30AM  
Erie West Senior Center  
1210 West 8<sup>th</sup> St.  
Erie, Pa 451-5634  
Next meeting March, 2005

2<sup>nd</sup> Thursday of every other month 10AM  
June 9, Aug. 11, Oct. 13  
Corry Senior Center  
25 First Avenue  
Corry, Pa (814) 664-2477

Last Thursday of month 9:30AM  
Benetwood Apartments  
641 Troupe Road  
Harborcreek, Pa 899-0088

## FRIDAY SUPPORT GROUPS

1<sup>st</sup> Friday of month 12:30PM  
Booker T. Washington Center  
18th & Holland  
Erie, Pa 454-0715

## OTHER SUPPORT GROUPS

Corry Memorial Hospital offers a bi-annual Diabetes support group series for 5 consecutive weeks in the Spring and Fall. Those outside the area are also welcome to attend. Call Corry Memorial Hospital at 1-814-664-4641 for dates and more information.

The following support groups are offered for particular groups of interest. Call the phone number for more information about the group and their meeting schedule.

Sharp Kids Support Group (Youth)  
877-6790

Insulin Pump Support Group  
877-6130

Neuropathy Support Group  
838-2556

Amputation Support Group  
877-6423

Stroke Support Group  
877-3498

Gastric Bypass Support Group  
877-6000

Food Allergy Support Group  
774-4277

SAVE THIS SHEET

*If you would be interested in a  
Diabetes support group at your location,  
call 454-0715*