

Detecting Hidden Diabetes Prolongs Life

Diabetes! Is it a scare word for you? Conjuring up words like coma, early death or a lifetime regimen of shots and measuring your diet? Indeed diabetes can be a killer disease. But today the greatest fear should be as much from having it without knowing it as from the disease itself.

Medical advances have made it possible to control the disease so effectively that most people who have it need not be seriously impaired. Diabetics are found in the ranks of athletes, businessmen, housewives, factory workers, politicians, farmers, growing kids--all living worthwhile productive lives. Their lives are being prolonged dramatically, as long as they take the extra care necessary to keep diabetes from taking its rapid toll if unchecked.

But diabetes is rapid unchecked in the estimated 2,000,000 people who don't know they have it. These are hidden diabetics whose symptoms are non-existent or so mild they don't realize it.

Government health specialists have tried to spotlight the importance of finding these hidden diabetics whose symptoms are nonexistent or so mild they don't realize it.

Government health specialists have tried to spotlight the importance of finding these hidden

diabetics not only because of the cost in dollars for medical care, lost man-hours from absenteeism or early death, but also because of the suffering from blindness, kidney and heart trouble caused by diabetes.

What is diabetes? While doctors don't know what causes it or how to cure it, they do know a lot about it. They do know that the diabetic's pancreas produce either no insulin or not enough, to utilize properly the sugars and starches he eats. This in turn interferes with the body's handling of fats and protein. They do know the sugar build-up in the body will lead to serious consequences--poor circulation, heart disease, blindness, infection, kidney failure, high blood pressure, stroke. It's a sneaky disease when these problems can be accumulating without the victim's being aware of it.

There's only one way to be sure: that is to have a blood urine test from your doctor or health clinic.

Some--usually those developing it later in life--have a mild form which can be controlled simply by diet alone; they eat a well-balanced diet in which sugars and starches are restricted. Others can take pills which will stimulate the body's production of insulin. Still others need to take regular insulin injections.

Last year Marian S. learned that she has diabetes after a routine physical examination. True, she'd been extra-tired lately and her eyes had been bothering her but as a school-teacher just turning 50 she didn't consider she had symptoms of anything but her age and some long nights of grading papers. The diagnosis had special meaning because she had watched her sister live with a severe form of diabetes since she was age 3. Fortunately the use of insulin injections and carefully diet had prolonged her life far beyond what it would have been a few years earlier before insulin was discovered. She'd had a normal childhood and married life and is still working at her profession part-time although she had begun to feel some of the debilitating effects that juvenile-onset diabetes inexorably brings. But Marian's case is far different from her sister's. No insulin was even suggested; she took pills for a time but now is able to control her diabetes by diet alone. She has reduced her weight and exercises more. And she's still teaching, full steam ahead.

In many ways Mary is typical of most new cases found each year--women, over 40, diabetic relatives, few overt symptoms such as drowsiness, thirst, frequent urination, excessive appetite, weight loss.

Here are four key questions to ask yourself to see if you could be a hidden diabetic: Are you 40? Are there any diabetics in your family? Are you overweight? Have you had any babies that weighed over 9 pounds at birth.

Every yes answer increases your chances. Chronic disease control specialists with the HEW Health Services and Mental Health Administration recommend that you find out for sure from

your doctor or health clinic. The test is simple and painless. Some communities and companies have screening programs which serve as a first step in diagnosis. Even if you are not in the high risk group, find out anyway. If diabetes is diagnosed, you can learn to handle it and adjust to the demands of diet and medication. Then the fear once associated with diabetes can give way to a sensible new approach to a long and fulfilling life.

HEW, from page 1

university, vocational school, technical institute, or hospital school of nursing. How much a student or his family can contribute affects the amount of his Basic Grant and is determined according to a formula established by the U.S. Office of Education.

To apply for a Basic Grant, an "Application for Determination of Expected Family Contribution" must be obtained, filled out, and mailed to P.O. Box B, Iowa City, Iowa 52240. Within a month the student is notified of the amount of his family's expected contribution. He then submits the notification to the school of his choice, which calculates the amount of the Basic Grant to which he is entitled.

Application forms are now available at student financial aid offices at postsecondary institutions, high school guidance offices, post offices, State employment offices, county agricultural extension agents, and Talent Search, Upward Bound, and Student Special Services projects. If unavailable in your area, write to Box G, Iowa City, Iowa 52240.

Other forms of Federal student assistance such as Supplemental Educational Opportunity Grants, College Work-Study, National Direct Student Loans, and Guaranteed Student Loans are available in addition to Basic Grants.

For further information on Basic Grants and other student financial aid programs, students should contact their high school counselor or the financial aid officer at the school in which they expect to enroll.



SILVER REALTY

★ VA OWNED ★

Non Vet can buy—Vacant, fast move in.
Completely rehab'd, low down, show anytime.

No Discrimination - Anyone Can Buy
No Points, Loan Charges or Escrow Fees

4923 Nebraska, 3 Br. 1-3/4 Bath.....	21,950
3625 Basin, 4 Br. 1-3/4 Bath.....	21,000
3102 Palmdale, 5 Br. 1-3/4 Bath.....	29,250
2624 Bello Dr., 4 Br. 1-3/4 Bath.....	21,950
2915 Columbia, 3 Br. 1 Bath.....	20,950
3695 Blue Lake, 4 Br. 1-3/4 Bath.....	23,950
3616 Loyola, 3 Br. 1 Bath.....	18,950
3627 Basin, 4 Br. 1-3/4 Bath.....	22,275

CALL US FOR YOUR ACREAGE NEEDS

We Have Listings In All Areas

V.A. PROPERTY MANAGERS

384-8596



REALTOR MEMBER NLS

Eves. 457-4441

616-A Las Vegas Blvd. So.

NOTICE OF PUBLIC HEARING EMERGENCY SCHOOL AID ACT

The Clark County School District will hold a public hearing on July 24, 1973, 7:00 p.m., in the Board Room of the Education Center, 2832 East Flamingo Road, Las Vegas, Nevada. The purpose of the meeting is to explain the proposed educational program to the public and to receive community recommendations.

The members of the Advisory Committee, who will be in attendance at the above meeting are:

- | | | | |
|--------------------|-----------------------|-------------------|---------------------|
| Mr. Robert Agonia | Mr. Reuben Perez | Mrs. Avril Jones | Rev. Mike Friedman |
| Mrs. Carrie Bagley | Mr. Grover Lewis | Mrs. Sharon Ross | Mrs. Ethel Robinson |
| Mrs. Margee Gayle | Mrs. Clotile Freeman | Mr. Mike Torres | Mrs. Mary Walker |
| Ms. Lore Ribas | Mrs. Monica Sotomoyar | Mr. Larry Sheeler | Mr. Conrad Campos |
| Mrs. Eva Simmons | Mrs. Becky Garcia | Mr. Frank Esparza | |

The purpose of the Advisory Committee is to advise the Clark County School District during the development, implementation and conduct of the Emergency School Aid Act

Program. The committee members will be asked to make comments and suggestions regarding the various phases of the program.



20th CENTURY-FOX PRESENTS

BATTLE FOR THE PLANET OF THE APES

G IN COLOR

CO-HIT

"THE LOST CONTINENT"

In Color - G - Rated

RANCHO CIRCLE THEATRE


2401 W. BONANZA
PHONE 648-9254

WE ARE LOCATED WHERE
W. BONANZA - RANCHO RD.
AND TONOPAH HWY. MEET
JUST OFF OF THE
FREMONT EXPRESSWAY

ADMISSION - Adults
Mon-Thur 1.75-Fri-Sun 2.25

Students 1.25 All The
Children 1.00 Time

SOUL JOURNEY



A Magazine of Leisure

Subscribe today to Soul Journey and begin making those leisure dreams come true. Each month takes you on an unforgettable excursion into the world of leisure. A charter subscription rate of only \$5.00 a year is in effect for a limited time.

() Check enclosed () Please bill me _____

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

Mail to: Soul Journey Publication, P.O. Box 336, Washington, D.C. 20044

-guaranteed to be LOVE at first sight- (lvv)