

HEALTH WIRE (Part II)

EXERCISE KEEPING DIABETES UNDER CONTROL

By Cathy Yelverton, M.S. -

According to a recent study, 90% of Americans said that they should exercise and are familiar with it's benefits, but only 10% are committed to exercising at least three times a week. For people with diabetes, finding time for exercise is key to a healthier, fuller life. For many people, exercise is associated with pain, embarrassment, boredom, inconvenience, or the fear of aggravating the complications of diabetes. Exercising can be demanding at first, but here are a few suggestions that will help you get started and stay on track:

Take an Optimistic Approach.

List the things you want from exercise; to feel better, look better, have more energy, lose eight, reduce stress, or have better control of blood sugar. Then change your list into statements starting with "I want to." For example, "I want to have more energy." Choosing to focus on the positive aspects of exercise helps you to develop a sense of power and control.

Set Realistic Goals.

If your goal is to play a recreational sport, start with an aerobic exercise program that will get your body ready for gradually. Exercises such as swimming, biking, walking, running, skating, cross-country skiing, low-impact aerobic dance, or rowing, tone the large muscle groups, improve blood flow, condition the heart and lungs, help prevent blood vessel disease, and lower blood glucose levels.

Manage Time for Your Health

Exercising won't seem like an inconvenience if you schedule it. Make a schedule that is specific and decide where you'll workout. Balance your working hours, family, and social commitments with your exercise schedule. If possible, exercise 30 minutes before you work out. Always remember to keep a fast-energy snack or some glucose tablets around during your workout to treat hypoglycemic reactions.

Realize that when starting an exercise program, you may need to make adjustments in your diabetes treatment plan, and it will be important to keep a record of what and when you eat, the amount of insulin you inject and the times you exercise. Good record keeping helps you to see your progress and

keeps you motivated.

Get support from your family and friends. Ask your older child or neighbor to baby-sit or help with the household chores so you can have time to workout. You'll be safe and you'll enjoy the company. If you have to be

alone, make sure you let someone know where you're going and when you will return. And, always wear medical identification.

How Long and How Hard Should You Workout?

First start slowly and easy.

Aim for just moving in a "comfort zone." Choose a length of time that is not too physically or emotionally stressful. Plan this with your doctor. If 10 minutes of walking is what you agreed on and at 5 minutes you feel very uncomfortable, out of breath, or

muscle strain, it may mean you walked too fast or too long. Walk slower or stop at 5 minutes. Increase your walks slowly by no more than 10% each week. For example, 5 minutes will increase to 5.5 minutes the second week.

Warm-up and Cool-down

Remember to begin exercise with a warm-up. Begin at a slower pace and gradually increase your pace to your normal workout level for the duration of the session. Then at the end of the workout slow the pace back down.

The American College of Sports Medicine, the leading authority on fitness, recommends working out aerobically for 20-60 minutes, three times a week. That may be your ultimate goal. However, for now, make being active your immediate goal. Just move!

Guidelines for Exercise

- * Consult your doctor before starting any exercise program.
- * Eat a high-carbohydrate snack (bread, raisins or other fruit, and fruit juices) before moderate exercise.
- * Eat a high-carbohydrate snack plus a small amount of protein before strenuous exercise that will last for more than an hour.
- * Exercise with a friend.
- * Wear your identification.
- * Keep good records of exercise and blood sugar levels.

HEALTH

COMMISSION ON SUBSTANCE ABUSE EDUCATION, PREVENTION, ENFORCEMENT AND TREATMENT HOLDS PUBLIC MEETINGS

The Commission On Substance Abuse Education, Prevention, Enforcement and Treatment was created in 1989 in response to the federal government's call for a concerted and comprehensive approach by all states to develop and implement a national policy for addressing the serious problems associated with illicit drug abuse.

Governor Miller has continued to see this issue as one of Nevada's first priorities since the abuse of alcohol and drugs continues to effect virtually every man, woman and child in our nation in some respect or another and continues to drain our economy without respite. The social dislocations and upheaval occasioned by the sale and use of substances is alarming and tragically costly both in dollars and in lives.

That is why this social problem has been characterized as a "war," for it is nothing short of a war in which our nation is engaged and fighting for it's very survival.

The future of Nevada's children and the children across the United States are, unfortunately, it's most tragic victims as the family dysfunctions and the fibre of our nation is attacked. Health problems, including HIV and AIDS, are pandemic and the costs are a serious national issue.

The Commission On Substance Abuse has been charged by the Governor with the task of identifying our battle plan for winning this war and, in essence, marshalling our forces to formulate a plan of attack. Each year, by September 1st this comprehensive plan must be laid before the Governor for his approval and endorsement. This fall, the third such plan will be due and much has been done to bring people together to work toward the goals that the state has set for bringing us down the long

road to a drug and alcohol free society. Indeed, it will take the participation of us all if we are to ultimately succeed.

To be forthright and thorough in developing this plan, the

Commission needs the in-put of the public body and is required by law to conduct public meetings annually state-wide to gather the public's comments and recommendations and to

ascertain the level of involvement across the state in addressing the weighty issues surrounding addiction and abuse. Both Metropolitan and rural areas are, alike, effected and it is essential that the contribution of each be prominent in any plan that is formulated.

On May 12, 1993, four public meetings were held at sites throughout the state to hear testimony from individuals, agencies, organizations, coalitions, educators, law enforcement officers, treatment providers prevention specialists and all other interested parties.

HEALTH BRIEFS

The Down Syndrome Organization of Southern Nevada is hosting an Open House on Saturday, June 5, from 1:00-4:00pm at 3601 W. Sahara Ave. Ste. #203. For more information call 222-1970.

Thank you for your continued support.

ATTENTION LUNG PATIENTS

The Better Breathers Club will hold it's monthly meeting on Wednesday, May 19, 1993 at 1:15 p.m. in the Parish Hall, Christ Church Episcopal, 2000 South Maryland Pkwy. Dr. David Totturi, will be speaking on "Spacer Devices Can Improve Your Inhaler Therapy", sponsored by the American Lung Association of Nevada. The Better Breathers Club is an educational and emotional support group for lung patients and their families. There are no dues or membership fees. For more information, contact the American Lung Association of Nevada at 454-2500.

AAAS OPENS FORUM FOR MINORITY SCIENTISTS & STUDENTS

The American Association for the Advancement of Science has announced an electronic network and newsletter that will serve as a forum for minority scientists to share information about their research, conferences, educational opportunities (at the college level), and discussions of values and ethical issues in science and technology. The same information will be carried by both the newsletter and electronic service.

By computer: the service will be available on Internet. To receive the newsletter call or write to: Paul Higgins, Directorate for Science and Policy Programs, AAAS, 1333 H Street, N.W., Washington, D.C. 20005, 202/326-6798.

The Clark County Health District is searching for persons who are able to serve as loving and supportive friends of patients and families experiencing terminal illness. These persons will serve as volunteers in the Health District Hospice Program. Thirty (30) hours of training are provided for volunteers at the Clark County Health District. Additional training in special areas is also available. An application and personal interview are required prior to training.

If you think you can fill this very special calling, contact Edie Blanchard, Coordinator of Volunteer Services, Clark County Health District, 625 Shadow Lane, Las Vegas - 383-1341.

CPR-FIRST AID TRAINING INSTITUTE has developed a special course for babysitters. The class, for boys and girls (11-18 years old), teaches safety, child and infant CPR and "basic" do's and don'ts of babysitting. Each student will receive an AHA CPR card and a "Babysitting" Certificate. The course will be held the second Sat. of each month from 9 a.m. - 1:30 p.m. The cost is \$17.00 and includes all teaching materials. Anyone wishing any more information or wanting to register for a class should call Kenneth Glover or W.K. Vandygriff at 876-9177.

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