

Understanding Diabetes

D diabetes occurs when the body fails to produce enough insulin or is unable to use insulin properly. The result is too much sugar or glucose in the blood. Insulin is made in the pancreas and helps the body use or store glucose. Glucose is a source of energy necessary for the cells to function and live. If glucose cannot enter the cells, it will build up in

the bloodstream. The long term effects of elevated blood glucose levels include damage to the heart, blood vessels, eyes, kidneys and nerves, which can result in serious health problems. While anyone is at risk for diabetes, you are at higher risk if:
-You are over 45
-You are overweight

Area health organizations and facilities

- Advocates - Iredell County - 704-876-0191
- American Red Cross, Lake Norman - 704-664-4908
- American Red Cross, Statesville - 704-873-9751
- American Cancer Society - 1-800-227-2345
- Community Pregnancy Center - 704-664-4673
- Counseling Center of Iredell - 704-872-7638
- Davis Regional Medical Center - 704-873-0281
- Elder Center - 704-873-0720
- Fifth Street Shelter Ministries Open Door Clinic - 704-872-0405
- Hospice of Iredell County - Statesville - 704-873-1479
- Hospice of Iredell County - Mooresville - 704-663-0051
- Iredell Cancer Fund - 704-878-0635
- Iredell County Social Services - 704-873-5631
- Iredell County Health Department - 704-878-5300
- I.C. (Statesville) Partnership for Young Children - 704-878-9980
- I.C. (Mooresville) Partnership for Young Children - 704-660-1557
- Iredell Memorial Hospital - 704-873-5661
- Kidney Dialysis Organization (Statesville) - 704-872-0148
- Kidney Dialysis Organization (Lake Norman) - 704-799-1860
- Kidney Dialysis Organization (West Iredell) - 704-881-0336
- Lake Norman Regional Medical Center - 704-660-4000
- March of Dimes, Western Carolina Division - 704-873-2554
- Mooresville-S. Iredell Health Assistance Clinic - 704-663-1992
- Social Security Administration - 704-872-8120
- Teen Health, Inc. - 704-872-1023
- Telecare Mental Health Services - 704-872-8916
- Vocational Rehabilitation - 704-878-4230

-You do not exercise regularly
-You have a family history of diabetes

-You are a woman who has had a baby that weighed more than nine (9) pounds at birth.

Parents should be aware that more children are being diagnosed with type 2 diabetes due to obesity. For this reason children need to develop healthy eating habits and get regular physical activity or exercise.

It pays to know the symptoms associated with diabetes. Some people who develop diabetes and do not notice any symptoms. For others, symptoms may include:

- Blurred vision
- Unusual thirst and hunger
- Weight loss
- Unusual tiredness or drowsiness
- Unexplained weight loss
- Tingling or numbness in the hands or feet
- Frequent urination

If you think you may be at risk for diabetes, share your concerns with your health care provider. Research has shown that early detection and treatment can lead to a longer and healthier life. People with type 1 diabetes can be treated with injections of insulin. In addition to providing insulin, the injections can help the cells better use glucose.

Those who have type 2 diabetes are often treated with oral diabe-

tes medications that improve the body's ability to release and utilize insulin. If you have diabetes, follow the treatment plan agreed upon by you and your health care provider. Never make changes in your insulin or medication before consulting them first. Be sure to monitor your blood sugar at home. Your health care provider can monitor your average blood glucose by ordering a glycated hemoglobin test (HbA1c). This will tell your health care provider what your level was over the last three months. A level of 7 or less is desirable. According to the National Diabetes Education Program, a level of 8 or higher can increase your chances for serious health problems.

A healthy lifestyle is essential to preventing or controlling diabetes. It is important to balance what you eat and be physically active. A dietician or diabetes educator can help you plan meals to meet your needs. Exercise or physical activity can help your body use up some of the glucose that builds up in the blood. It can also help you with weight control. However, before you begin an exercise program be sure to talk with your health care provider.

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Ann Simmons

Lake Norman Regional nurse-midwives deliver their 1000th baby

The American College of Nurse-Midwives was promoting National Nurse-Midwifery week October 2 - 8. Coincidentally, the certified nurse-midwives on the medical staff at Lake Norman Regional Medical Center in Mooresville had an extra-special start to the designated week celebrating their profession - at 2:30 a.m. October 3, Benjamin "Ben" Joseph Whitley was the 1,000th



baby delivered by a certified nurse-midwife (CNM) at the hospital.

Ben's delivery was attended by Beverly Ball, the first CNM to join the hospital's medical staff in 1999. Ball is a member of Lake Norman Obstetrics & Gynecology medical practice with fellow CNMs Lynn Chiappelli and Cindy Williams. Marcia Chiluck also provides CNM services at Lake Norman Regional Medical Center through OB/GYN Physician Dr. Mark Peacock's practice in Huntersville. All four are registered nurses with strong professional experience in labor and delivery prior to completing a master's degree in nursing and a nurse-midwifery certification.

CNMs are licensed health practitioners with specialized training in women's health, pregnancy and childbirth. There are 47 accredited nurse-midwifery programs

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At left:

Benjamin Joseph Whitley, born to Erica and Robert Whitley on October 3, was the 1,000th baby delivered by a certified nurse-midwife at Lake Norman Regional Medical Center. The milestone happened to occur during National Nurse-Midwifery week. Pictured, Erica and Ben Whitley with Lake Norman OB/GYN certified nurse-midwives Beverly Ball, Lynn Chiappelli and Cindy Williams.

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At right:

Scenes from the first annual NAACP health fair sponsored by the Statesville NAACP branch and assisted by numerous area organizations and individuals.



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in the U.S., and more than 7,000 CNMs practicing in the U.S., who attend approximately 300,000 deliveries each year.

"Most people understand that a nurse practitioner, physician's assistant or nurse anesthetist is a mid-level health care provider, but they often don't realize that a certified nurse-midwife completes similar academic and clinical training requirements," says Chiappelli. "We can practice independently with a consulting phy-

sician available."

CNMs emphasize health promotion, education and disease prevention in providing preconception counseling, pregnancy and childbirth care, and normal gynecological services. Traditionally, a midwife was an older female in a family or community who assisted in childbirth. Today, the term broadly describes a skilled health professional who practices the philosophy of providing personalized primary care to meet

women's needs, while minimizing the use of any unnecessary intervention.

"Nurse midwifery originated in Europe and is still the standard of care there," says Ball. "Historically, women took care of women. There's a very spiritual relationship about it."

For more information on CNM services or maternity care offered at Lake Norman Regional Medical Center, please call The Stork Line at 704-660-4374.




Tilley

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Sunday, October 16, 2005

RIDE WITH NASCAR CELEBRITIES



A Kyle Petty Charity Ride
with NASCAR NEXTEL Cup Driver and Grand Marshal Jimmie Johnson
Join NASCAR celebrities for a motorcycle ride to Victory Junction Gang Camp Tour Victory Junction Gang Camp!

<p>Carolina Harley-Davidson 2830 E. Franklin Blvd. Gastonia, NC 28054 Registration: 8 - 9 a.m. Departure to Tilley Harley-Davidson/Buell 9:15 a.m.</p>	<p>Rally Points at: Tilley Harley-Davidson/Buell 1226 Moreland Dr. Statesville, NC 28677 Registration: 8 - 10 a.m. Group departs from Tilley Harley-Davidson/Buell at 10:30 a.m.</p>
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CALL 704-714-4545 (Rider spots are limited)

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