




Pax Christi Healthline March, 2009

March 24, 2009 is American Diabetes Alert Day



Type 2 Diabetes

Diabetes Prevention , pre-diabetes offers a clear wake-up call. In this instance, your blood sugar is higher than normal, but not high enough to be classified

as type 2 diabetes. Many people go on to develop type 2 diabetes in 10 years. The good news is that pre-diabetes doesn't have to become type 2 diabetes. With healthy lifestyle changes, it may be possible to bring your blood sugar back to normal levels and significantly reduce your risk of developing a potentially debilitating and life-threatening disease.

Pre-diabetes can often go unnoticed because it frequently has no signs and symptoms. Blood tests that screen for it typically aren't given on a routine basis. It is important to understand your risk of developing unhealthy blood sugar levels, what kind of testing is available and what can be done to reverse or prevent problems that can put you in a diabetes danger zone.

Type 1 diabetes : insulin dependent diabetes or juvenile diabetes. The disease most often develops when a person is a child or a teen, but adults can sometimes develop type 1 diabetes. Daily insulin injections are required to make up for the insulin that you pancreas can't produce.

Type 2 diabetes: non-insulin dependent diabetes. Diabetes is controlled by diet and/or oral hypoglycemic agents.

Diabetes is not a disease that comes from eating too much sugar. Excess weight, inactivity, family history , age, race and ethnicity (blacks, Hispanics, Asian-Americans, Hawaiians and other Pacific Islander-Americans), history of gestational diabetes, polycystic ovary syndrome, depression, and certain medications (Prednisone and some meds used for hypertension) are risk factors for developing type 2 diabetes. The American Diabetes Association recommends a fasting blood glucose test at age 45. A normal fasting blood glucose of less than 100 mg./dl. Pre-diabetes: between 100-125 mg./dl. Diabetes: 126mg./dl. or higher. Keys to prevention of diabetes (and almost all other diseases for that matter) are healthier eating, and exercising regularly.

Diabetic complications lead to heart disease and stroke, blindness from diabetic retinopathy, kidney disease due to kidney failure, neuropathy/nervous system damage and amputations of the lower limbs. Not a very pretty picture is it? Now more than ever, obesity in this country especially among children and adolescents leads them down the road to a lifetime of health problems if their weight isn't addressed.

Information from Mayo Clinic Women's Health Source, Special Report of Nov. 2007.



Mark your Calendars ... Monday March 23

"Under Our Skin" DVD will be shown at Pax Christi (Center Space) 6:30 pm

This 90 minute family-movie provides valuable information about Lymes Disease Please watch your bulletin for additional details.



Sunday April 19

On Sunday morning, April 19, the annual parish health fair will be held in the center space beginning at 8:30 a.m. Stop in for a pancake breakfast after Mass and then visit our tables for health information on a variety of topics!

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| Blood Pressures | Dental Health | Bicycle Safety |
| Home Safety | Homebound Ministry | |
| Nutrition | Personal Hygiene | Cancer Screening |
| Fire Prevention | Elder Network | BeFriends |
| Autism Awareness | And So Much Much More!!! | |

Homebound Ministry Brings Christ to Others

New Opportunity for Confirmed High School Students



The Homebound Ministry Program is expanding to include high school students who have received the sacrament of Confirmation. This is a wonderful opportunity for students who have one extra hour a week to be involved in ministering to Pax's homebound parishioners. A student would be matched up with one homebound parishioner. After school or on the weekend, the student would visit and take the Eucharist to the homebound parishioner. An orientation and a one year commitment would be required. For those interested or who want more information, please contact me at 288-9030 or e-mail dimiller@kmwb.net.

*Wishing you peace,
Diane Miller, Coordinator, Homebound Ministry*