

The gospel gives us the practical teaching and human example of Jesus, whose sensible way to harmony and union with God unburdens us of worries, conditions and complications. While we are unlikely to follow it without faltering at times, it is always there, always reliable and true.

The desire for this kind of assurance may be found in anyone who at least seeks to know, "Why am I here? What is the meaning of life?"

Jesus taught that each of us is meaningful, dynamic and unconditionally loved by God, created with a unique and essential purpose and given, at every moment, everything necessary to serve that purpose.

The Spirit of God possesses us and gives us life. We in turn possess the body, brains and unique gifts that support our souls on earth and represent God's presence and purpose. Our bodies are truly the temple of the Holy Spirit.

Jesus stressed that the consequences of each human life are not that person's fate but his or her choice. Free will is real. We are responsible, not only for the effect of our actions on our own lives and those of others but, also for what we can do but fail to do.



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Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have from God, and that you are not your own?

1 Corinthians 6:19

Stewardship of Health

DIABETES

We must succeed first with ourselves.

20.8 million people in the United States have **diabetes** – about one in every 15 Americans. A third of these, about 6.2 million, are **unaware** that they have the disease. Complications of diabetes kill 210,000 Americans each year.

- **Diabetes** is a disease in which the body does not produce or properly use **insulin**, a hormone that enables the body to convert sugar, starches and other food into energy.
- When this happens, **sugar builds up in the blood and the body becomes starved for energy**. This can damage the eyes, kidneys, nerves, heart, other organs or tissues.
- More than **65 percent of diabetics die from heart disease or stroke**. They can develop **blindness**, nerve damage, impotence and poor healing, particularly of the feet, which can lead to **gangrene or amputation**.

Most American diabetics have type 2 diabetes, previously known as **adult-onset diabetes**. In type 2 diabetes, either **the body does not produce enough insulin or the cells become resistant to insulin**. Most type 2 diabetic patients **don't take insulin** but must observe controls on their diet, weight and lifestyle.

- In **type 1**, or "juvenile" **diabetes**, the body does not produce any insulin. Type 1 diabetics must replace the insulin, usually every day, by injection or pump. 5-10 percent of American diabetics have type 1.
- Before people develop type 2 diabetes, they almost always have **pre-diabetes**, indicated by higher than normal blood sugar levels. **54 million Americans** have pre-diabetes.

How do I know if I have diabetes? Type 2 may show **no outward symptoms for years**. But physical exams including **glucose (blood sugar) tests and risk checks** can help doctors diagnose diabetes **before it causes serious damage**.

Any three of the following common risk factors mean you are **more likely to develop type 2 diabetes** or pre-diabetes:

- Being **overweight** (I am too heavy if I am of average height and my weight in pounds is more than 2.5 times my height in inches)
- Being over age 45, especially **over age 65**
- Having a **family history** of diabetes. (Type 2 is also more common in African Americans, Latinos, Native Americans and Asian Americans/Pacific Islanders.)
- Giving birth to a **baby larger than 9 lbs**
- **Having high blood pressure or high cholesterol**
- Having a history of **heart disease**
- Getting **little or no exercise**.

"Many people can avoid diabetes and its complications by following a few basic rules," says Carol D. King, MD, family medicine unit director, Oakwood Healthcare Center-Canton. "**Exercise is one of the best** ways. Exercise builds muscles and muscles use up excess sugar in the bloodstream.

"You can find the **best foods for diabetes prevention in the outside aisles** of the grocery store – fresh fruits and vegetables, protein foods such as lean meats, fish, nuts, egg whites and non-fat milk products. Avoid processed sugar and packaged foods with high fructose corn syrup. Finally, ask your doctor about a **fasting blood sugar test every year** if you are over 50."

"I WILL NOT DIE BUT LIVE,

And tell of the works of the LORD ...

THIS IS THE DAY which the LORD has made;

LET US REJOICE AND BE GLAD in it."

Psalm 118:17, 24