



FLORINE MARK

To reach goals, ignore limitations

I wonder how many goals we never achieve — not because we aren't capable but simply because we never try. The following story illustrates how ignoring the limitations set by others — either consciously or unconsciously — opens a world of possibilities that may have otherwise gone undiscovered.

Mathematics professor George Dantzig tells the story of his final exam as a math student at the University of California at Berkeley nearly 50 years ago. Dantzig studied long and hard for the exam. He arrived late, picked up a copy of the exam and solved all eight problems on the test.

Then Dantzig noticed two additional problems on the blackboard. He tried to solve them, but simply couldn't. When the time came, he said to the professor, "There are a couple of problems I didn't get finished. May I have a little more time?"

The professor said, "Sure George, but you have only until Friday at 4 p.m., no later."

Dantzig knew that he was as smart as the other students in the class and that someone else would certainly solve all 10 problems. So he worked away at those last two problems day and night, all week long.

Finally, he solved one and then the other. He left the paper with his professor's secretary right at 4 p.m. on Friday and went home exhausted.

The next morning Dantzig heard someone pounding on his apartment door. It was his professor.

"George," he cried, "You have made mathematics history!"

"What do you mean?" asked Dantzig.

"You came late for the exam. You didn't hear me tell the class that the exam was only eight questions. I put those last two problems on the board and told the class, 'I've enjoyed teaching you; now if you want to keep playing with mathematics the rest of your lives, play with those unsolved problems — even Einstein couldn't master them.' But you solved them, George and I'm here to offer you a job as assistant professor if you want it."

Says Dantzig: "If I had been on time and heard the professor say that Einstein couldn't solve those problems, I wouldn't even have tried to solve them!"

I wonder how many other students may have been able to solve those problems but just didn't try? How often do we give up on what we want out of life just because others have told us it is impossible? Maybe we should turn a deaf ear to the warnings of those well-meaning people and attempt to reach our goals with the same persistence as George. It may open doors to opportunities we never even dreamed of. Good luck!

I love hearing from you! Please submit any questions, inspirational stories or suggestions for upcoming articles to: "Talk to the Mirror," Weight Watchers Corporate Communications, P.O. Box 9072, Farmington Hills, MI 48334-2974 or fax: 810-563-7106.

LECTURES & TALKS

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HEALTH & FITNESS

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Doctor works to restore hope to diabetics

BY NICOLE STAFFORD
STAFF WRITER

Imagine working 40 to 50 hours a week, regularly eating lunch outside the home and having to prepare a family dinner in the evening. It might sound familiar, but if you have diabetes, this routine becomes a complicated and stressful process that directly impacts daily physical and mental well-being. It's also one of the reasons diabetics become frustrated, angry, even depressed about the condition.

"What do you do when you're hungry. You eat," said West Bloomfield diabetes specialist Scott Jacober, O.D. "Well, it's very hard to do that with diabetes — you can't take those feelings and run with it."

But new treatment options and a redefined approach could restore hope. "We're so much better off than we were before in treating this illness," said Jacober, an associate professor of medicine at Wayne State University and associate director of Harper Hospital in Detroit.

"We've had an explosion of oral medications to treat diabetes in the last several years ... (and) we're finding that we have to do more innovative things with diabetes with more sophisticated treatment techniques," he said.

Another new treatment, the drug Rezulin recently received Food and Drug Administration approval for

patients using insulin. It combats resistance to insulin therapy by sensitizing cells to the hormone.

Perhaps more important is a move towards holistic treatment of the disease — treating the person, not just the illness, particularly for Type II diabetics.

Jacobser is directly advancing this message in a national drive to boost the physical and mental well-being of Type II diabetes sufferers.

They account for about 90 percent of those coping with the illness and treatment runs on a continuum starting with diet and exercise modification, moving to oral medication, then, if necessary, to insulin. While Type I diabetes produces very little insulin or none at all and must regularly self-administer the hormone, Type II diabetics produce some.

Sponsored by Parke-Davis pharmaceuticals, the Improving Health, Restoring Hope educational initiative will take Jacobser to 24 cities this summer. His cross-country tour, along with motivational speaker Leo Frangipane, M.D., the nationally-syndicated radio show host of The Wellness Hour, began last June in New York.

Together they speak with local health care professionals and the media about new treatments, management techniques and the psychological impact of the disease.

"Diabetes self-management requires

"Physicians see a lot of patients getting depressed because they have to go to insulin, or if they have to increase their dose."

Dr. Scott Jacober

West Bloomfield diabetes specialist

an awful lot of effort," Jacober said.

It's a lifelong disease and the key to effective management is getting control of the disease and not letting it control you, added Frangipane.

Patients who lose their grip on the illness plummet into a "vicious downward spiral." Often at the root of this is a failure to acknowledge the disease's psychological toll, Frangipane said.

"Physicians see a lot of patients getting depressed because they have to go to insulin (from oral medication or lifestyle management), or if they have to increase their dose," Jacober said, citing examples.

Dramatizing his observations is a nationally representative survey of Type II diabetics, 35 years of age and older. Conducted this year by Roper Starch Worldwide, the survey shows that diabetic's assessment of their ability "to win the fight" is related to their location on the treatment continuum.

While 61 percent of patients on diet and exercise therapy felt they could

conquer the disease, this number fell to 48 percent for patients taking oral medications and 47 percent for receiving insulin.

Family members interfering in diet choices, a general perception that diabetics aren't life-threatening, food restrictions and the intricacies of managing your own care also commonly give rise to bouts of frustration and other negative feelings.

Many of the solutions come in age-old forms like education. "Get the truth, be informed, become responsible for your own illness," said Frangipane, who also recommended that diabetics track their management techniques in a journal; learn to get realistic goals and get support through their local American Diabetes Association.

Tapping into creative endeavors is also important, he said, noting that jazz legend Ella Fitzgerald continued her musical career through the devastating course of her diabetes. Before causing the singer's death, the illness caused the amputation of both her legs.

"I think that your life is a gift and you need to enjoy it on a day-by-day basis," Frangipane said. "The secret to life is keeping your mind full ... For diabetics, that is going about finding new treatments."

For additional information about Type II diabetes, call toll free 888-698-9732 (888-MY-TYPE-2).

'Mr. Mom' dads doing more rearing



DR. KEITH LEVICK

defended the importance of day care centers and the need for women (especially single) to work.

This issue is not gender specific. Rather, it is a primary social concern. Although challenging, new trend is becoming increasingly popular that may serve as a partial solution — parents working out of their homes.

Due to financial strains significant changes have arisen in traditional family roles. Maintenance of a middle class lifestyle often requires dual incomes. When both parents or a single parent need to work, many opt for a home office/job. What's more interesting is the increasing number of at-home dads "Mr. Mom."

An estimated 2 million fathers remain home with their children. According to a 1991 Census Bureau study, 20 percent of preschool children were cared for by their fathers while the mother worked. Another interesting study out of Loyola University

Children raised by at-home dads sought comfort from their fathers twice as often as children of fathers who worked out of the home.

Fathers are spending more time with their children, an increase from 26 minutes per day (a 1988 study) to 94 minutes per day.

Fathers raising children is certainly a major shift from the more "traditional" roles society has established over the years, and a pleasant one at that. With this in mind, I went out to find an at-home dad to interview, and found an interesting gentleman, Stuart Bandelone.

Stuart is a 37-year-old and is married to Sheryl Toby. They have two lovely daughters, 4 and 6 years old and reside in Sylvan Lake, where Stuart is the mayor pro-tem. The following are excerpts from my interview.

KL: Why are you an at-home dad?

SB: After our first child, my wife experienced medical problems. We agreed one of us needed to be at home. Since she is an attorney and had more income potential compared to me, I was the logical choice to remain at home.

KL: What is the most positive aspect of being at home?

SB: To experience my children's growth and development.

KL: What is the most negative aspect of being at home?

SB: My intellectual and professional development is somewhat stifled. Although, I have many hobbies, etc., my time is completely dominated by the children.

KL: Many at home dads report a sense of isolation and a lack of outside support. Do you feel this way?

SB: More so in the early years. Now that the children are older, I take them everywhere. But I need to be sensitive and careful of who I befriend. If I want my chil-

dren to play with other kids or get them involved in play groups, I interact with women. This can be a problem depending on the person and their own personal relationship. Some spouses may feel threatened by my friendship.

KL: What is a typical day like?

SB: Like any parent raising children. Breakfast in the morning, getting them off to school, household chores, shopping, kids returning home, and preparing dinner. I do everything but buying them clothes. My wife really enjoys shopping with them.

KL: Has this arrangement affected your marriage?

SB: We have a wonderful marriage. I think it's been tougher on her because she struggles with her maternal instincts to be at home. I think it's distressing for her to see the kids come to me for the nurturing. The love and security our children receive, however, helps abate the negative feelings.

KL: What plans do you have once the children leave home.

SB: To rebuild my career and get back into the business world.

I commend Stuart and Sheryl and all parents who remain at home raising their children. I recognize not everyone, however, can be in this position. Day care centers are needed and an integral part of society. I am, however, encouraged with the trend of balancing parental duties.

As Stuart so succinctly exclaimed, "This has been a once in a lifetime experience!"

Dr. Levick is a health psychologist and the director of The Center for Childhood Weight Management in Farmington Hills. You can reach him at (248) 855-5771 or send him email to levick@eas.com.

Supplement workouts with weight training

EXERCISING OPTIONS



MYRNA PARTRICH

Questions: I've been reading your column for a few years now. You haven't written much about weight training.

I am 36-year-old and have been weight training for six months, and I love it! Can you list the benefits of weight training?

Answer: Great! Weight training is becoming popular, especially for men between the ages of 25 and 40.

The typical benefits of weight training are as follows:

- increase muscle strength
- increase muscle endurance and tone
- increase muscle mass (hypertrophy)
- increase muscle enzyme levels
- develop speed and power
- In addition, you will help:
- rehabilitate injuries
- improve function of respiratory and cardiovascular system
- prevent injuries

An important benefit of weight training is that it will improve your appearance and sense of self-image.

Because of the feeling of well-being you derive, your mental outlook should also improve. Studies show through exercise in general, you can become a more all-around, successful person.

(Myrna Partrich is co-owner of The Workout Co. in Bloomfield Hills. She is an appointee to the Governor's Council on Physical Fitness and an appointee to the Michigan Fitness Foundation. Send questions or comments for Myrna to: Myrna Partrich, 805 E. Maple, Birmingham, MI 48009.)

HEALTHY LIVING

Healthy Living spotlights Oakland County-related health and medical news and information. To submit information write: Healthy Living, Observer & Eccentric Newspapers, 805 E. Maple, Birmingham, 48009. Fax: (810) 644-1214. Email: oblenm@eonline.com.

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