

## Rx Briefs

### ToothPrints

Cambridge Dental Group will host an open house from 8 a.m. to 12:30 p.m. Saturday, July 12, and offer the service ToothPrints. ToothPrints is a tooth print bite impression that, like fingerprints, provides accurate information for identification purposes.

Cambridge Dental (27281 W. Warren Ave., Dearborn Heights) will be providing this service at no charge to the community during its open house. For information, call (313) 274-0340 or visit [www.cambridgedentalgroup.com](http://www.cambridgedentalgroup.com).

### Transplant forum

The eighth annual education forum "Ask the Experts" is scheduled from 9:30 a.m. to 2:45 p.m. Saturday, June 21, at the Livonia Civic Center Library, 32777 Five Mile, east of Farmington Road, Livonia.

Topics include "Medical Perspectives Before, During and After Transplant," "Autologous Transplant," and "Allogeneic Transplant." Also covered will be "Caringiving 101: Practical Perspectives for Caregivers." Stewart Franke, bone marrow transplant survivor and musician, will give the keynote address. Free program includes lunch and caregivers' guide. To register, call (800) 546-5268, (248) 358-1836 or e-mail [nblmlink@aol.com](mailto:nblmlink@aol.com).

## New ways to manage diabetes encourage sufferers

BY KIMBERLY MORTON  
STAFF WRITER

Being diagnosed with diabetes is serious. The chronic condition, according to the American Diabetes Association, affects more than 17 million people (one-third are unaware they have the disease) and we annually spend \$132 billion on treatments. For all practical purposes though, people with diabetes can lead relatively normal lives.

"The percentage of Americans with Type 2 diabetes has doubled over the past 20 years, and the upward trend is expected to continue. Nearly 20 million Americans have diabetes, and up to 95 percent of them have Type 2," said Dr. Fred Whitehouse, M.D., division head emeritus of Endocrine/Metabolism at Henry Ford Hospital.

Medical experts in the field of diabetes will tell you a commitment to managing the disease, a willingness to lead a healthier lifestyle and a proactive approach to your health are all prescriptions to treating both types of the disease. While the cause of diabetes remains a puzzle, physicians know that two big pieces to solving the mystery include genetics and environmental factors such as a lack of physical activity and obesity.

### SUGAR OVERLOAD

"The pancreas is the organ in the body that produces insulin (a hormone that allows the body's cells to absorb glucose from the bloodstream). The challenge for a person with diabetes is that their pancreas has stopped producing insulin (Type 1) or it doesn't produce enough of the hormone to be sufficient (Type 2).

"Also known as adult-onset diabetes, Type 2 is characterized by the body's inability to properly use insulin—a hormone needed to move sugar out of the blood stream into cells," said Whitehouse. Furthermore, he noted minority groups more frequently suffer from Type 2 diabetes and experience more severe outcomes from the disease.

Without the correct level of insulin, the body is overloaded with sugar in the bloodstream and can cause a number of problems including increased urination, thirst and fatigue. Untreated this can

lead to high blood pressure, kidney disease and permanent vision damage.

If the pancreas is still producing insulin, but at insufficient levels, Type 2 patients can manage the condition through exercise, proper diet, a reduction in weight and medication. A diagnosis of Type 1 diabetes requires individuals to receive insulin injections to compensate for the lack of the hormone. This acts to balance out blood sugar levels.

### NEW METHODS

One new approach to self-management is the development of a new generation of blood glucose monitors and blood glucose tests. According to Dr. George Grunberger, founder and chairman of the Diabetes



Grunberger

Institute in Bloomfield Hills, this new predictor of diabetes complications is a test called HbA1c (hemoglobin A1c test) which shows a person's blood glucose level over the previous 60 to 90 days. This test will help doctors and their patients

develop a long-range plan of action for the management of their illness. People with diabetes can experience radical fluctuations in their blood glucose levels during a 24-hour period due to smoking, diet and physical activity, etc.

"We base everything now on the numbers we receive from the monitors and tests like the A1c. Patients can't fake it anymore because we simply download the information from their machines and can tell the patterns in which their glucose changes," said Grunberger. "This helps us see that on average they have a rise in their blood sugar levels at a particular time of day or before or after they eat. The A1c test shows us a pattern over the past three months that is documented for the patient and myself to see. From there we discuss lifestyle changes like diet and exercise."



Kruger

"Type 2 diabetes is a preventable illness but the number of people being diagnosed with



David Kruger, R.N., works alongside Fred Whitehouse, M.D., division head emeritus, Division of Endocrine/Metabolism, Henry Ford Hospital.

diabetes is rising at an alarming rate. It's becoming an epidemic and it's just destroying us."

Sustaining positive HbA1c levels will help reduce the risk of diabetes complications such as blindness, kidney disease, nerve damage, stroke, and heart failure.

The American Diabetes Association and the National Institute of Diabetes & Digestive & Kidney Diseases recommends an HbA1c test 2-4 times per year. There are several FDA-approved at home testing kits available including A1cNow Monitor, A1c At Home, eBioSafe Home HbA1c Kit and Accu-Base Hemoglobin A1c Sample Collection Kit.

There are also home test kits that you ship to a laboratory for results.

The HbA1c test is best described as the "big picture" compared to the "snapshots" a patient receives on a day-to-day basis when he or she monitors blood sugar levels. You should always consult your physician and a diabetes educator about your readings if you perform the test at home or have your results mailed to you.

### LIFE DOESN'T STOP

Another way patients are encouraged to maintain a normal lifestyle is to continue staying active through hobbies, social events, clubs and traveling. Henry Ford certified nurse practitioner David Kruger, M.S.N., R.N., recently published a book titled *The Diabetic Traveler*.

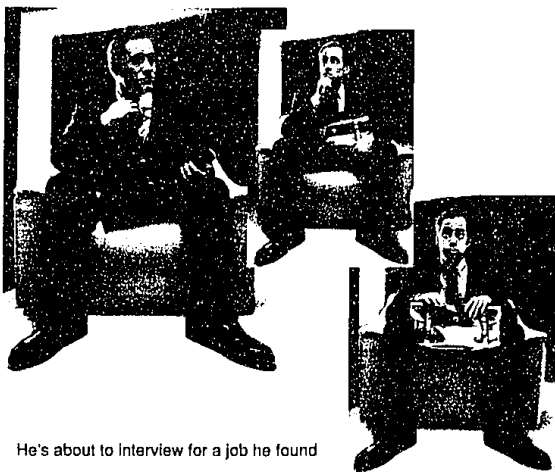
She encourages patients to continue to incorporate travel plans into their life rather than letting the disease confine them. Being sedentary is one of the worst things a diabetic can do.

In the book, she organizes all of the things necessary to do before you travel whether you're taking a business trip, changing time zones or just changing your scenery," said Kruger, the chair of the American Diabetes Association Research Foundation. Kruger suggest you create a diabetes survival kit, find insurance to cover medical expenses while you travel and plan for every situation you can think of "and survive the ones you just didn't expect."

Since 1982, Kruger has been a certified nurse practitioner in the Henry Ford

PLEASE SEE DIABETES, C7

We helped him get this far, now he's on his own.



He's about to interview for a job he found online.

He found a great position with a local firm by going to [hometownlife.com](http://hometownlife.com) and clicking on **JOBS AND CAREERS**.

He'll be O.K. He's nervous, but prepared, and smart.

That's why he used [hometownlife.com](http://hometownlife.com).



**hometownlife.com**

Brought to you by The Observer & Eccentric Newspapers

Where'd  
You Get  
That Smile?

**NOW ONLY \$2,650**

**BRACES**  
**\$100/month.\***

\*Based on \$450 down and monthly payments of \$100/mo. for 22 months. Regularly \$4264. That's a \$1614 savings.

Plus there's never a charge for consultations. Offer Valid Thru July 31, 2003

\*Limited to 24 months of treatment. Additional charge for surgical orthodontics. Not valid with expiration or special discount programs. Offer valid for new patients only.

Call For An Appointment

**586-978-2100**

Sterling Heights Office • 37734 Van Dyke

**248-476-6200**

Farmington Office • 32750 Grand River

**313-582-4620**

Dearborn Office • 5050 Schaefer Road

**MIDWESTERN DENTAL**