

Obesity, heredity factors for diabetes

Parents have been warning their children about eating too many sweets, or "You'll wind up with diabetes."

That is a lot of nonsense — a preconceived notion that has never been proved, Dr. Charles Peterson said. He's a physician at Sansum Medical Research Foundation in Santa Barbara, Calif.

There are, however, established factors that put some people more at risk of developing diabetes than others. Heredity and obesity are the

main ones, and obesity is the only one you can do anything about.

Women run a greater risk than men. The incidence among blacks is almost twice as high as among whites. Diabetes is also more prevalent in industrialized countries and generally in more affluent societies.

Age is a factor also. The most common type of diabetes in this country is non-insulin dependent diabetes, which affects about 90 percent of the estimated 11 million diabetic

patients in the United States.

IT USUALLY strikes after the age of 40.

The other major type of diabetes, which leaves the patient completely dependent on insulin injections for survival, generally shows up in youngsters. At one time it was called "juvenile-onset" diabetes.

There's a major risk in both types of diabetes, however. There's a genetic predisposition affecting the

production or action of insulin, impairing the body's ability to transform blood sugar into energy.

Obesity is a risk factor only for non-insulin-dependent diabetes. The first study indicating heredity as a factor goes back to 1933. Despite intensive research, a specific gene associated with diabetes has yet to be identified.

The genetic theory is bolstered by a study of non-insulin-dependent diabetes in twins. One study of identical twins found that if one had diabetes,

the other twin also had it 100 percent of the time.

IN A STUDY of fraternal twins, those born at the same but genetically different, about 3 percent of both of them had diabetes. Simply put, if there's a history of diabetes in a family, chances of developing non-insulin-dependent diabetes are high.

The influence of obesity on non-insulin-dependent diabetes is easier to track. The second National Health and Nutrition Examination said 26 percent of all American adults are significantly overweight. And there is a direct relationship between obesity and the most common form of diabetes.

The 1976-1980 survey showed that the relative risk of diabetes in overweight people is nearly three times that of adults who are not overweight. Beyond the age of 75, the risk of diabetes for overweight Americans is about twice that of others the same age.

Diabetes, of course, is not the only obesity-related health problem.

But even among the obese, there are differences on the effects of diabetes. Long-term, cross-sectional studies have shown that the distribution of excessive fat on the upper part of the body or around the waist (the potbelly) is a much stronger indication of diabetes risk than excessive fat over the buttocks and thighs.

How obesity affects diabetes is unclear. One theory said obesity modifies the function of insulin-producing pancreatic cells. Too much insulin is released into the bloodstream, which inhibits individual cell reaction to insulin. As a result the body's ability to change sugar into energy is impaired. This theory unproven.

One proven theory, though, is that in cultures where obesity is uncommon the incidence of diabetes is low. Modest weight loss brought about by diet and exercise can dramatically improve control of non-insulin-dependent diabetes.

Health extravaganza planned for youth

Boys and girls can diagnose the ills of their favorite doll, stuffed animal or character with the help of nurses from Children's Hospital of Michigan. The hospital will sponsor a Health Fair especially for children from 10 a.m. to 6 p.m. Saturday, Aug. 9 in J.C. Penney Court at Northland Mall.

The doll clinic is one of many hands-on educational displays and video presentations directed at children, including computerized allergy tests, EEG demonstrations, a height/weight station, communication disorders screening, child identification fingerprinting, and viewing of The Detroit Medical Center Sky

Team Helicopter.

Representatives from the departments of rehabilitation services, poison control center, nephrology, pharmacy, dietetics, and others will also be on hand.

Dr. Ralph Cash, Children's Hospital of Michigan pediatrician and host of WXYT's "Ask the Doctor" pro-

gram, will answer parents' and children's medical questions between 1:30 and 3 p.m. At 3 p.m. there will be a free drawing for a back-to-school physical.

Other activities include a special poison prevention presentation for children, giveaways, and Bobo char-

around Farmington

All announcements for this column must be mailed to Around Farmington, Farmington Observer, 33203 Grand River, Farmington 48024. Deadline is noon Monday for the Thursday publication and noon Thursday for the Monday publication. Requests for announcements will not be taken by telephone.

BIBLE SCHOOL

Monday-Friday, Aug. 11-16: Vacation Bible School from 9 a.m. to noon each day in Prince of Peace Lutheran Church, 12 Mile, east of Farmington Road. No charge. Open for children from 4 years through sixth grade. Registrations taken by calling the church office, 553-3380, or 845-9 a.m. Aug. 11.

GOD'S POWER

Monday-Friday, Aug. 11-15: "God's Power" is the theme for Vacation Bible School for youth at 6:45 p.m. and for adults at 7:30 p.m. in Southfield Community Church, 21222 Indian, north of Eight Mile Road and east of Inkster. Transportation can be arranged by calling the church office, 358-5372.

REGISTRATION

Monday, Aug. 11: Registrations taken for free high school completion classes from 9 a.m. to 4 p.m. weekdays in Ten Mile Community School, 35789 10 Mile through Aug. 29. Inquiries taken by calling the school, 474-5233.

FUTURE CAREERS

Tuesday, Aug. 12: "Careers of the Future," program led by Beverly Verselle, coordinator of admissions, Oakland Community College, at 7:30 p.m. in Farmington Hills Branch Library, 32737 12 Mile. No charge, but reservations are requested by calling the library, 553-0300.

'FOUR SEASONS'

Tuesday, Aug. 12: "Four Seasons" is the movie for Customer Appreciation Day at 10 a.m. in Livonia Cinema, Livonia Mall, Seven Mile and Middlebelt. No charge.

IMMUNIZATION

Wednesday, Aug. 13: Immunization clinic, sponsored by Oakland County Health Division, open from 9 a.m. to noon in Clarenceville United Methodist Church, Middlebelt, south of Eight Mile. No charge. For information, call 424-7000.

'BOHEMIAN GIRL'

Wednesday, Aug. 13: "Bohemian Girl," Laurel and Hardy film classic, will be shown at 7:30 p.m. in Farmington Hills Branch Library, 32737 12 Mile. No charge.

JUNIOR FASHIONS

Thursday, Aug. 14: Miss Junior-Mr. Junior fall fashion show at 7 p.m. in Jacobson's in the Miss J Shop, 336 W. Maple, Birmingham. No charge.

SENIOR OLYMPICS

Saturday, Aug. 16: Michigan Senior Olympics from 9 a.m. to 4:30 p.m. in the buildings and on the grounds of Orchard Ridge Campus, Oakland Community College, I-696 and Orchard Lake Road. No charge for spectators. Medal winners will be eligible for the National Senior Olympics in St. Louis, Mo., in July 1987.

'THE HERITAGE'

Sunday, Aug. 17: "The Heritage" concludes film series at 7 p.m. in Forest Park Baptist Church, 28055 Farmington Road. No charge.

ANNIVERSARY BRUNCH

Sunday, Aug. 17: Anniversary Wedding Brunch for all couples who

have celebrated their wedding, silver or golden anniversary in Botsford Inn, from 11 a.m. to 2 p.m. in the inn, 28000 Grand River. Complimentary, hosted by Innkeeper John Ambush in celebration of the inn's 15th anniversary. Reservations and inquiries taken by calling the inn, 474-4800.

SAILING

Tuesday, Aug. 19: "Sailing in America," program led by seasoned

sailors George Gerow and Edward Palm, at 7:30 p.m. in Farmington Hills Branch Library, 12 Mile east of Farmington Road. No charge, but reservations are requested by calling the library, 553-0300.

COCOON

Tuesday, Aug. 19: "Cocoon" is the movie shown at 10 a.m. for Customer Appreciation Day in Livonia Cinema, Seven Mile and Middlebelt. No charge.

ARTRHITIS

Wednesday, Aug. 20: "Arthritis: What It Is and Isn't and How It Is Treated," lecture by Dr. Paul Wenig at 2 p.m. in Botsford Hospital's Education Center, Grand River, west of Eight Mile. No charge.

THERAPY GET-AWAY

Thursday, Aug. 21: Orientation for "Therapy Get-Away," weekend for marriage enrichment conducted by

Dr. Jude Cotter, begins at 7 p.m. in Room A-104, Orchard Ridge Campus, Oakland Community College. Three-day weekend workshop runs from Aug. 29-31 in rural area near Potosky. Inquiries taken by calling Cotter at Farmington Hills Counseling Services, 661-1654.

WELCOME COFFEE

Thursday, Aug. 21: Welcome Wag-on Club of Farmington and Farmington Hills host a Welcome Coffee

for newcomers to learn about the offerings of the club, at 7:30 p.m. in one of the members' home. Interested persons are asked to call Gail Haynes, 626-8055.

COMIC BOOK SHOW

Sunday, Aug. 24: Comic Book and Baseball Card Show from 10 a.m. to 4 p.m. in American Legion Hall, 29500 Nine Mile, corner of Middlebelt Road. Admission asked at the door.

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IGA TABLET Western Beef
Boneless Sirloin Tip Roast
\$1.59 lb.
Save \$1.40 lb.

Grocery
Campbell's Soup
16 oz. Can
29¢
FAME Applesauce... **99¢**
Arm & Hammer Detergent... **\$1.29**
Peanut Butter... **\$1.49**
Hunt's Pudding... **\$1.19**

U.S. No. 1 White Michigan Potatoes
89¢ 10 lb. Bag
Produce
10 lb. Sale!
Sweet Jalapeno Peaches... **\$5.50 10 lbs.**
Lemon Quantities 59¢ lb.
Vine Ripe Red Jumbo Tomatoes... **\$5.50 10 lbs.**
Lemon Quantities 59¢ lb.
Pickling Cucumbers... **\$3.30 10 lbs.**
Lemon Quantities 37¢ lb.

IGA TABLET Western Beef
Boneless Sirloin Tip Steaks
\$1.99 lb.
Save \$1.50 lb.
FAME Sliced Bacon
1 lb. pkg.
\$1.79 lb.
Save 80¢ lb.

Bakery
Oven Fresh King Size Lumberjack Bread
79¢
Cracked Wheat Bread... **99¢**

Dairy
Sunny Delight Sunny Delight
99¢
Cheez Whiz... **\$1.09**
Frozen
Freshlike Vegetables
89¢
Ice Cream Pails
\$3.99
Saville Rolls... **\$1.59**

IGA TABLET Western Beef
Turkey Drumsticks
37¢ lb.
Save 12¢ lb.

Coca-Cola, Diet & Reg. Classic, Cherry, Sprite & Squirt
2 Liter Plastic Plus Deposit
99¢

IGA BONUS COUPON
White Facial Tissues
49¢
100% Soft, 100% Clean, 100% Safe
Limit 1 per family. Coupon expires Sunday, August 17, 1986. On Sale. NR 92-2

IGA TABLET Western Beef
Boneless Beef Chuck Steaks
\$1.49 lb.
Save 50¢ lb.

IGA COUPON
FAME Charcoal
\$2.99
Limit one coupon per family. Coupon expires Sunday, August 17, 1986. On Sale. NR 95-6

IGA COUPON
Clorox Bleach
89¢
Limit one coupon per family. Coupon expires Sunday, August 17, 1986. On Sale. NR 97-7

IGA TABLET Western Beef
Boneless New York Strip Steaks
\$3.99 lb.
Save \$1.00 lb.
Pork Steaks
\$1.29 lb.
Save 50¢ lb.

IGA COUPON
Maxwell House Coffee
\$1.00
Limit one coupon per family. Coupon expires Sunday, August 17, 1986. On Sale. NR 98-8

IGA COUPON
FAME Salmon
40¢
Limit one coupon per family. Coupon expires Sunday, August 17, 1986. On Sale. NR 98-8

IGA BONUS COUPON
Banquet Chicken
\$1.99
Limit one coupon per family. Coupon expires Sunday, August 17, 1986. On Sale. NR 93-3