

Welcome to The Back Page
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Our LINK programme continues to provide you with information on Products and Services that meet your needs. Our Charity LINK partners Bermuda Red Cross & Bermuda Diabetes Association have submitted articles for this BackPage.



HOW TO DISTINGUISH FACT FROM FICTION

Provided by the Education Officer at Bermuda Diabetes Association

“Diabetes is now an epidemic - the biggest health catastrophe the world has ever seen. In Bermuda it will overwhelm our

healthcare resources and will jeopardise the health and lives of more than 13% of our population within the next decade unless we understand the facts, signs and symptoms of diabetes and then make a lifelong commitment to careful diabetes management”.

Q: Is diabetes caused by eating too much sugar?

A: No. High-sugar food and drinks are a problem if they result in your consuming more calories than you need and gain weight. Diabetes is a condition where the body is not producing insulin or the insulin is not working effectively in the body. Our food then can't be used easily for energy, resulting in high blood glucose levels.

Q: How are glucose levels and insulin linked?

A: Located behind the stomach, the pancreas has two different functions: it produces digestive juices used in the small intestine and it produces insulin amongst a number of hormones. After a meal, insulin is released to help the transport of glucose from the bloodstream into the body's cells where it can be used (or stored) as energy. Between meals, the liver regulates glucose with the aim of keeping blood glucose at the correct level. Insulin is then used to tell the liver to stop production when the level is high enough. If the body is unable to produce enough insulin or it becomes resistant to insulin, blood glucose levels get out of control. Diabetes results when glucose levels are abnormal.

Q: What are the types of Diabetes?

A: Type 1 and type 2 are the most common.

Type 1 accounts for approximately 10% of diabetes and is where insulin-producing cells in the pancreas are destroyed leading to a complete deficiency of insulin. It is commonly diagnosed in children but can occur at any age. People with type 1 diabetes will need insulin injections for life and have to adjust their diet and lifestyle to self-manage the condition.

Type 2 is much more common, accounting for about 90% of all diabetes and this is where the 'epidemic' is occurring. It involves a gradual reduction of the quantity and quality of insulin produced by the body. It is treated initially by adopting a healthy diet and increased activity. Type 2 diabetes is a progressive condition, so medications may be needed if blood glucose levels cannot be kept within the normal range.

There is a third type of diabetes called Gestational Diabetes which occurs at 24-28 weeks pregnancy and disappears after delivery. However, these mothers remain at high risk of developing type 2 diabetes.

Prior to diagnosis of type 2 diabetes, there is a stage called Pre-diabetes. If it is picked up at this stage, the progression to type 2 diabetes can be prevented if action is taken.

Q: Is Type 1 Diabetes more serious than Type 2 Diabetes?

A: No. All uncontrolled diabetes will result in long-term complications. Over time raised blood glucose levels can cause deterioration of nerves and blood vessels, leading to heart and kidney failure, blindness, strokes, impotence and limb amputations.

Q: Do people with type 2 diabetes 'bring it on themselves'?

A: Sometimes its just wrong choices. Contributing factors include having a sedentary lifestyle, being overweight or eating a high-fat diet (all changeable); having a family history of diabetes or increasing age and one's ethnicity (not changeable).

Q: Are only older people at risk of getting diabetes?

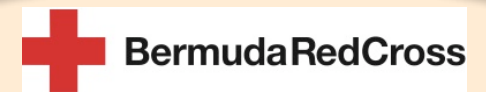
A: No. People of all ages can develop diabetes. With rising levels of obesity, more and more young people are contracting the condition - even children.

Q: If I have diabetes what might happen to me?

A: One of the major problems with unmanaged or undiagnosed diabetes is that, if blood glucose levels stay too high, after a period of time it causes damage to the body's blood vessels, in particular the large blood vessels of the heart, brain and legs and the very tiny blood vessels and capillaries that supply the eyes, kidneys and nerves. This can lead to classic complications of diabetes that include heart disease, kidney failure, impotence, poor circulation and loss of feeling in the feet that can lead to ulcers and amputations. All these complications will need on-going management.

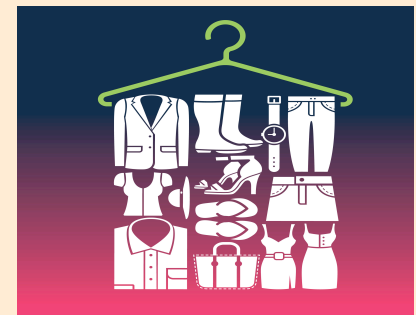
Q: Where can I be screened for free – where can I go to talk to someone?

A: Bermuda Diabetes Association is hosting free health tune-ups this Fall in:- St. Georges Town Hall, October 11th & November 15th, St. James Church Hall Sept 27th October 27th and November 29th & New extension of Washington Mall October 20th November 22



UPSTAIRS CLOSET

A clothing and accessory thrift shop for men, women & children



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All proceeds support LOCAL programmes and services

Bermuda Red Cross has recently opened up a thrift shop for men, women and children's clothing and accessories.

It is called the Upstairs Closet and is on the 2nd floor of their headquarters building at Charleswood, 9 Berry Hill Road, Paget. We are open for business on Friday and Saturdays from 9 am – 3 pm and will accept donations everyday during those same hours. We really appreciate receiving ready to wear, nearly new or new items. All items are very reasonably priced and there is always a special sale every week. We also donate to the need clients of other non-profits, churches and MAUI.

Come support our new venture.