

# Diabetes can be prevented

By Alicia Bayat  
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November is National Diabetes Awareness month. According to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), as of 2007 a total of 23.6 million people in the United States have diabetes. That is 7.8 percent of the American population. 5.7 million are undiagnosed.

The American Diabetes Association (ADA) has launched the *Stop Diabetes Movement*. Their goal is to have one million people join in the first year to help fund research, prevent and stop diabetes in the United States. The website to the ADA is [www.diabetes.org](http://www.diabetes.org).

According to the Centers for Disease Control and Prevention (CDC), as of 2007, more than 2.4 million deaths were attributed to diabetes in this country. Diabetes is in the top 10 of the leading causes of death here as well.

A chronic disease such as diabetes is among one of the most common, costly and avoidable health problems in this country.

Diabetes is a group of diseases marked by high levels of insulin and/or production. It can lead to serious illness or premature death. It is preventable and manageable once you have been diagnosed. It can be managed with diet, exercise and consistent medical care.

Diabetes can lead to serious complications such as blindness, limb amputation, kidney damage and cardiovascular disease. It can be managed and complications can be lowered with proper healthcare.

Overweight people are at risk of developing pre-diabetes. This is a condition where individuals have higher glucose levels than normal but not high enough to be classified as diabetes. People with pre-diabetes may be at risk of developing type-2 diabetes, severe heart conditions or stroke. Type-2 diabetes accounts for 90 to 95 percent of all diagnosed cases.

Developing diabetes after being diagnosed with pre-diabetes is not inevitable. Losing weight, increasing activity and changing diet can help those with pre-diabetes to controlling and even reverse their progress towards full on-set diabetes.

# Were your midterm grades slacking?

By Shirley Townsend  
Voice News Editor

Midterm grades have been in for quite some time now.

Unfortunately, many students are not happy with their grades and are scrambling to find new resources and methods to do better in the second half of the semester. A college education is essential in life. It can help students represent themselves well in many different aspects of life, but it all begins with finding a personalized learning strategy that works best for you.

Unlike high school, your parents and professors won't hold your hand in college. It's all about initiative, time management, motivation and finding the will to do better. When you receive disappointing midterm grades you can do two things, straighten up and fly right, or make an appointment with your professor and/or academic advisor for guidance. If you've received a D or F, making an appointment is a must, not a choice.

Remember, the role of an advisor is to advise. If they were responsible for ensuring you showed up to class and did your paper instead of attending the party, they'd be called your babysitter, so don't expect your advisor to help you if you are not taking responsibility and helping yourself. Opening up to your advisor about any personal issues going on may benefit you. Advisors are humans and former students. In many instances they identify with things that students go through. They can help you build time management programs or encourage you not to take a certain course that may not work well during any adverse situations you may be going through.

Meeting with your professor is proactive because it helps you build a solid start for success in the respective course. He or she might provide you with some helpful study tips, opportunities for extra credit, and/or rare chances to make up assignments or tests you may have missed, if you can provide a strong defense of your newfound plan to do well in the class. Contrary to ridiculous popular belief, professors do not want you to fail.

"To be successful in school, you must have work ethic and you must be willing to learn. You must be willing to work hard in order to be successful. That does mean at times making sacrifices, like skipping out on some social activities but the results are well worth it," says Tatianna Mosley, director of Volunteer Affairs

for SGA. "Social activities are always going to be here on campus but you only have one opportunity to make your mark inside a classroom."

"You also must be willing to learn," she says. "The Professors here at Fayetteville State offer so much advice and wisdom. You must be willing to talk with them and learn from them, not only inside the classroom but outside as well."

"They have already been in our shoes, and walked the paths we want to walk, in my opinion their advice is priceless and something that everyone can benefit from." Ms. Mosley says.

## Tips for success in school

### Eat Breakfast!

It is extremely important to eat somewhat of a breakfast before starting your day. Foods such as fruits, cereals, and oatmeal make great breakfast foods because they help stimulate your mind and they also keep you full. When one learns it is important to be focused and interactive, breakfast makes it easier to do both.

### Campus Research

Look for organizations on campus that might be able to provide extra tutoring or educational assistance in your course of study.

### Complete Assignments

Completing each and every assignment on time accomplishes a couple of scholastic goals. First, it shows your instructors that you take their classes seriously. When it comes time for them to hand out grades, it will be in the back of their minds. Second, completing homework on time actively involves your brain in the studied material.

### Take Notes

Showing up for class is one thing, but actively engaging yourself is another. Make an effort to listen and digest information that is given or lectured. While you're listening, take notes. This allows your brain to process the information more accurately.

### Ask Questions

When you don't understand a concept during a lecture, ask questions. Your brain learns more quickly if questions are answered as soon as they pop into your head. Asking questions also proves to your teacher that you are interested in

learning what he/she has to say.

### Go to Class!

College students can attest to the fact that simply showing up for class dramatically improves scholastic performance. Attendance shows a commitment to scholastic career as well as a dedication to the class and study material.

### Seek Extra Help

Some classes are much more difficult than others. When you find yourself in a situation where you need more help, reach out and ask. If your instructor is not available for study sessions, seek a tutor or a fellow peer. Doing better in school means you are able to recognize and seek help for your weaknesses.

### Prepare for Exams

Exams usually dictate a large portion of a class grade. Begin studying for them at least one week in advance. Review study material and complete review worksheets.

### Review Material

Each day before class, review material that was discussed during the previous class. If your brain is kick-started before class, you will have a better retention rate of new material. Reviewing also helps if there happens to be a pop quiz that day.

### Get a Study Buddy

Using a study buddy to complete worksheets, homework assignments, and study for exams is one of the best ways to do better in school. It allows both partners to learn and share information gained while having fun.

### Eat Regularly

Never let yourself get hungry during class or an exam. When your stomach is hungry, your mind doesn't function at peak levels. The mind wonders and doesn't concentrate on the task at hand. Keep healthy snacks with you at all times during school. It will help to improve your performance.

### Take Mental Breaks

Every brain needs some time to relax and take a break. Allow your mind time to energize and rejuvenate during school or long class periods. Take a walk, briefly close your eyes, or get a drink. It takes work to do well in school. You could be the smartest person in class and still get the worst grade. Doing well in school means that you are dedicated to learning no matter how difficult the material.

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