

Managing your diabetes

Continued from page 1B

of these five classes of medications listed below works in a different way to lower blood sugar levels.

1) The sulfonylureas, which have been in use since the 1950s, work by stimulating the pancreas to release more insulin. Available drugs on the market in this class include Diabinese, Glucotrol, Micronase (also known as Glynase and Diabeta), and Amaryl.

2) The meglitinides are similar to the sulfonylureas in that they also stimulate the release of insulin from the pancreas. Drugs in this class include Prandin and Starlix.

3) The biguanide class contains the medication Glucophage, which lowers blood sugar primarily by decreasing the amount of glucose produced by the liver; but also by aiding in the absorption of glucose into muscle tissue by making it more sensitive to insulin.

4) The thiazolidinedione class includes the medications Avandia, Rezulin, and Actos. All three medications help insulin work better in the muscle and fat tissues and reduce glucose produc-

tion by the liver.

5) The alpha-glucosidase inhibitors, help to lower blood sugar levels by blocking the breakdown of starches in the diet, such as bread, potatoes, pasta and table sugar while in the intestines. This process slows the absorption of starches/sugars and thus slows the rise of blood sugar after a meal. The drugs Precos and Glyset fall under this category.

Combination therapy

Because the five classes of oral medications work in different ways to lower blood glucose they may be used together when one drug alone is not effective. Patients are frequently treated with a combination of oral medications from multiple classes to achieve blood sugar control. Also, because oral medications help the body use insulin better, some patients are given a combination of pills and injectable insulin.

New injectable drugs

There are two new injectable (non-insulin) drugs that have recently been approved for use. The first, Synlin, is a synthetic form of the hormone amylin which is

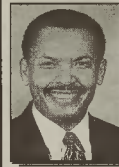
produced by the pancreas and helps to maintain normal blood glucose levels. The second drug, Byetta, is the first in a new class of medications (called incretin mimetics) used to treat type 2 diabetes. It works by increasing insulin secretion. Both of these drugs are injected with a meal, and patients taking these medications have noted improved diabetic control as well as modest weight loss. However, they are approved for use only by people who have not been able to achieve adequate control with other medication regimens.

Controlling diabetes may seem like an overwhelming task, but with appropriate lifestyle changes and medication it is possible. Talk to your doctor about these medications and your therapeutic choices. Remember, knowledge is power, but it is what you do with it that makes all the difference.

Contribution by Brenda Latham-Sadler, M.D.

For more information about the Maya Angelou Research Center on Minority Health, visit <http://www.wjvabc.edu/minority-health>. Or, for health information call (336) 713.7578.

Your Life, Your Paper, Your Post



-Say Yes To Success!

"Dr. Arrington teaches you how to lead a healthy, balanced and successful life"

Dr. Carl Arrington, Director of Market Expansion

Make Your Own Way

One of the things that we may eventually run into when we begin to pursue our dreams are people who do not see the possibilities of success as we see them. Very often this can be the people who are closest to us.

When we begin to share with others our dreams and aspirations, some will be quick to tell us that we are being impractical. Others may tell us outright that what we want can never happen.

If we have been paying attention along the road to success, most of us will notice that from time to time you will encounter some obstacles to your dreams.

However, those who are determined to succeed know that roadblocks are simply a part of the process. We know that there will not be smooth sailing all the way. The successful actually anticipate some of the hurdles they will encounter. They approach them

prepared.

The difference between the successful and those who do not achieve their dreams is that those determined to be successful refuse to give up. The successful believe in making a way where there seems to be no way and that Life will show those so determined where that way lies.

The successful knows that if you want to achieve your dreams you simply have to do whatever it takes to make them a reality, even if it seems impossible. You today have the power within you to make your own way. Use that power to make your dreams come true!

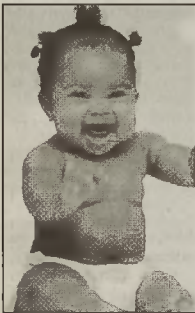
Learn to Stay on the Track to Success.

Contact Dr. Arrington

cla@maximumsuccess.com

Your Source for Total Life Success!

Healthy habits for baby, family



Continued from page 1B

Parents should also use this time during infancy to establish healthy routines for the entire family, doctors say. For instance:

Keep junk food out of the house.

"It is amazing to me how many young children, even

under a year of age, are fed sugar-sweetened soft drinks and French fries and other fast foods," Robinson says. "If a parent eats junk food and has it in the home, that is the food their child will learn to eat, no surprise."

Other than the occasional chicken nuggets, or birthday cake at school, Ma steers her kids away from processed foods and avoids them herself, opting instead for fresh vegetables, chicken and fish. She sends her son to preschool with bananas and rice crisps for snacks.

Limit TV time for everyone. The AAP recommends no viewing for children under 2, but Robinson notes that it's hard to discourage kids of any age from watching too much TV if mom and dad aren't setting a good example.

"This is a good time for them to consider reducing the number of TVs in their home

and watching less themselves," he says.

While regular exercise is important for toddlers, infants get their workouts naturally by learning to lift their heads, roll over, sit up and crawl, says Celia Kibler, owner of Funfit, Inc., a Maryland-based fitness center for kids. "A baby at 6 months should have no trouble achieving the muscle tone it needs," says Kibler, whose classes for infants focus on bonding with parents, not working out.

In what may be the toughest advice to follow, Holmberg encourages parents to resist the urge to compare their babies with others.

"That's a very dangerous thing to do," he says. "All babies are different."

For more information: www.aap.org/healthtopics/overweight.cfm www.cdc.gov/growthcharts/

IFE CULTURAL ARTS CENTER INC. PRESENTS

igunnuko

AFRICAN HERITAGE FESTIVAL 2006

SATURDAY SEPT. 2ND
SUNDAY SEPT. 3RD

FRAZIER PARK CHARLOTTE, NC
1201 4TH STREET - LOCATED FOUR BLOCKS FROM
BANK OF AMERICA STADIUM BETWEEN SYCAMORE & SUMMIT
SATURDAY, 11AM-10PM SUNDAY, NOON-9PM

OTESHA CREATIVE ARTS ENSEMBLE SATURDAY 6PM

POET SONIA SANCHEZ SATURDAY 6PM

LION TRACKS REPTILARIAN SATURDAY 8PM

BETTY PRIDE AND THE BP PRIDE BLUES BAND SATURDAY 5PM

CHUCK DAVIS & THE AFRICAN AMERICAN DANCE ENSEMBLE SUNDAY 5PM

POET GLENIS REDMOND SATURDAY 7PM

MESSAGE FROM THE ANCESTORS

SPONSORED BY

IFE CULTURAL ARTS CENTER

FOR MORE INFORMATION: (704)241-0319 OR WWW.IGUNNUKO.COM

cricket MILLENNium 3 LORSON GROUP

August 1 – September 30

Win up to \$5,000 for your school!

Shop and dine to earn points for your school.

Each dollar spent between August 1 and September 30 equals one point for the school of your choice. The top three schools with the most points will win cash prizes. Bring receipts to the Mall Office to add points to your school's total.

See the Mall Office or call 704.568.1263 for details.

A special thanks to our sponsors: Wiggins Construction Co. of Monroe, All American Roofing, Nova Lighting, Total Creations, Perspectives Landscaping and Mechanical Systems.

EASTLAND MALL

www.eastlandmall.com

Tools for School