

Patricia Cherry speaks Wednesday at diabetes seminar at the H. Lawrence Patrick Senior Life and Conference Center in Kings Mountain.

## Diabetes seminar held Wednesday at Patrick Center

BY ANDIE L. BRYMER  
Staff Writer

A seminar on diabetes drew approximately 40 people to the Patrick Senior Center Wednesday.

Registered dietitian and diabetes educator Patricia Cherry told the crowd that 90 percent of her clients are diabetic. She explained that diabetes is affected not only by diet but stress and activity level.

"It's not just what you eat. I want you to know that to get rid of some of that guilt," she said.

The disease is hereditary and is more common in people of color and women. Excess weight and a sedentary lifestyle are risk factors as well.

Cherry dispelled beliefs that diabetics must only avoid sugar.

"It's not just a sugar thing. It's a carbohydrate thing," she said.

Carbohydrates are found in bread, pasta, crackers,

beans and starchy vegetables.

Cherry stressed the importance of looking at blood sugar levels over time, not just what a quarterly doctor visit reveals. She explained that activity can bring sugar levels down.

Contrary to popular belief, not eating can result in a high blood sugar reading. The liver will produce glucose when an individual does not eat enough, Cherry said.

Seminar participants received a free blood sugar meter from Bayer HealthCare. The company co-sponsored the seminar with Mountain Street Pharmacy.

Cherry represented CaroMont Wound and Diabetes Centers, a division of Gaston Memorial Hospital.

Staff from Cleveland County Home Health Agency provided free blood sugar testing.

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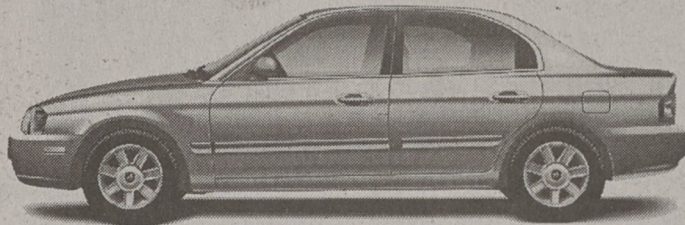
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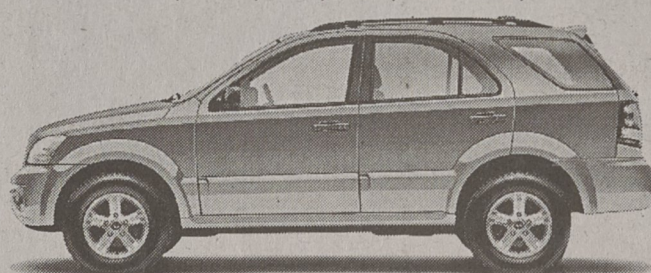
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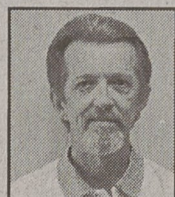
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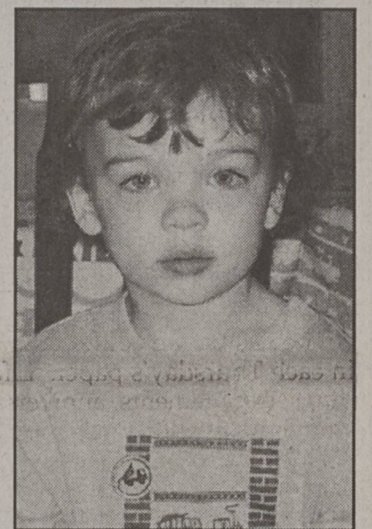


### BIRTHDAYS

#### Winston Wise three years old

Winston Russ Wise, son of Rusty and Anne Wolfe Wise of Cherryville, was three years old November 7. He celebrated November 9 with a Thomas the Train theme party at his home.

Winston has a sister, Savannah Grace. Grandparents are Grace and Houston Wolfe of Kings Mountain and Connie and Hillard Wise of Cherryville. Great grandmother is Ruth Wise of Cherryville.



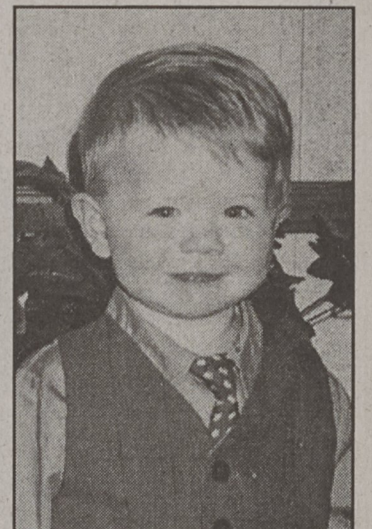
WINSTON WISE

#### Matthew Baity is two years old

Matthew Baity was two years old November 8. He celebrated with a sports theme party at the Jake Early Sports Complex playground.

Children attending were Lyndsey Baity, Robbie Bryson, Jacob Bryson, Brandon Bryson, Kristen Hill, Colin Foster, Caroline Foster, Austin Harris, Dustin Harris and Justin Elder.

Matthew is the son of Brent and Sherrie Baity.



MATTHEW BAITY

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