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Lourdine Florek, owner

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Weight loss matters - the link between weight and diabetes



Editor's Note: The physicians at Hoopeston Regional Health Center will provide timely health information to Just the Facts readers in a monthly column. This is the first installment of the series.

Contributed by:

DR. HILARY FRESCOLN, Family Physician
Charlotte Ann Russell Medical Center

Are you one of the 64% of American adults struggling to achieve or maintain a healthy weight? Medical studies are concluding that being overweight is a leading factor for developing type 2 diabetes. It's becoming apparent that maintaining a healthy weight is more important than ever.

Approximately 64 percent of American adults are currently struggling to maintain a healthy weight. At the same time, the rate of type 2 diabetes is increasing. According to the Centers for Disease Control and Prevention, the rate of type 2 diabetes has jumped nearly 50 percent in the past 10 years.

For the first time ever, the American Diabetes Association (ADA) is focusing on the connection between weight loss and type 2 diabetes through a campaign called "Weight Loss Matters."

This educational effort is aimed at raising awareness about the role that weight loss and weight maintenance play in preventing and managing diabetes. "It's our hope that we can provide people with knowledge and tools to help them take control of their weight and reduce their risk of developing diabetes," said Martha Funnell, MS,

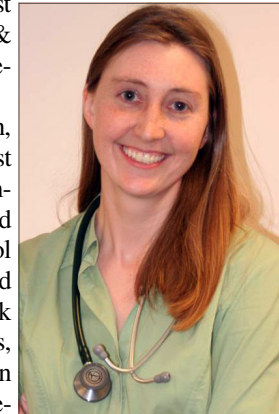
RN, CDE, immediate-past president, Health Care & Education, American Diabetes Association.

According to Dr. Frescoln, even losing a modest amount of weight can improve blood glucose, blood pressure and cholesterol levels. Dr. Frescoln stressed that someone who has risk factors for type 2 diabetes, but doesn't yet have it, can significantly delay or prevent the onset of the disease by nearly 60 percent if a weight loss of 10-15 pounds and an approved exercise program is put into place.

Dr. Frescoln recommended The American Diabetes Association website, www.diabetes.org, as a source of great information. The website has a wealth of information on a wide variety of information including health recipes and getting started on an exercise program and a series of brochures to address the following topics:

- Connection between weight and diabetes
- Body Mass Index (BMI) and identifying your healthy weight
- Weight loss and exercise tips
- Portion control information, including common food myths

Dr. Frescoln and the other medical providers at the Charlotte Ann Medical Center are available to assist you in managing your healthcare needs. The providers at the center see patients of all ages, including infants for well baby visits. The phone number to call is 217-283-4644 to make an appointment.



DR. FRESCOLN

The residents of Hoopeston Nursing Home thank everyone for their donations to our Christmas Bow Tree.

You have made it possible for us to purchase a new flat screen TV for our activity room. We appreciate everything the community does for us not only at Christmas but throughout the year.

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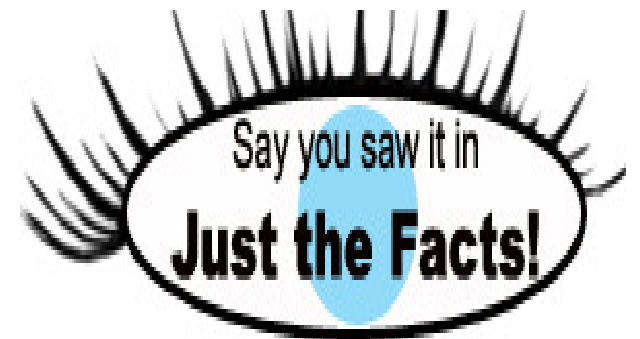
Wellington Lions Club Pancake Breakfast

Saturday, Jan. 16
6:30-10 a.m.



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Wellington, IL**

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Letters to the Editor

Volunteer program aides seniors

Recent national news articles have described some of the ways that seniors are scammed and how many are now volunteering to help their peers avoid becoming victims.

It's all part of a program called Senior Medicare Patrol (SMP) that relies on more than 4,700 volunteers across the country. Together, these wonderful indi-

viduals protect older people and fight health care fraud, leaving more money in the system for everyone. Here in Illinois we have 29 volunteers who assisted us in educating more than 19,000 Medicare beneficiaries last year about how to avoid becoming victims of health care fraud. We also intervened on behalf of many Medicare beneficiaries with complicated problems, including fraud and identity theft,

related to their Medicare benefits.

We at the Illinois SMP need your help. If you'd like to become a volunteer, contact us at **AgeOptions** at (800) 699-9043. If you are interested in attending one of our educational events or if you would like more information about how to avoid becoming a victim of health care fraud or identity theft, contact us or visit our website at

www.illinoismp.org.

More information about SMPs and health care fraud is also available at the national SMP website: www.smpresource.org.

Erin Weir
Healthcare Consumer Protection Coordinator
AgeOptions
Oak Park, IL

The Karate Club

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Police News

A **34-year-old** Hoopeston woman reported at 8:18 p.m. Sunday that someone took her laptop from the 700 block of South First Ave.
No tickets or injuries were reported in an accident

New Books at the Library

Children's library
Fiction:
My First Signs by Michelle Anthony
Walt Disney's Peter Pan by Dave Barry and Ridley Pearson
Chrissa by Mary Casanova (American Girl Series)
Chrissa Stands Strong by Mary Casanova (American Girl Series)
No More Pencils, No More Books, No More Teacher's Dirty Looks! By Diane deGroat
Oddly by Joyce Dunbar
Shattered Peace (#1 Warriors Ravenpaw's Path) by Erin Hunter
Lone Wolf by Kathryn Lasky
The Kitty Ran Up the Tree by Dennis Lee
Machines Go to Work by William Low
Hurry Up and Slow Down by Layn Marlow
Weezer Changes the World by David McPhail
Tigger's Giant Lift-the-Flap Book by A.A. Milne
Farmer Joe and the Music Show by Tony Mitton
Amelia Bedelia's First Valentine by Herman Parish
Christmas Tapestry by Patricia Polacco
Pony Island by Candice F. Ransom
Curious George: Up, Up, and Away based on stories by Margret & H. A. Rey
Richard Scarry's Find Your ABC's by Richard Scarry

at 3:31 p.m. Monday in the 400 block of West Chestnut. Police said Bryce Bushong, of Hoopeston, lost control of a 2002 Pontiac Grand Am on ice and hit a mailbox.

A **60-year-old** resident of the 600 block of East Honeywell reported at 5:12 p.m. Monday that someone fraudulently used his debit card several times.

No tickets or injuries were reported in an accident

Don and Wanda Ervin to observe 60th anniversary with event

An open house to commemorate the 60th anniversary of Don and Wanda Ervin will be held at the home of Dave and Charlene Ervin, 415 South Third Street on Saturday, January 16th from 2 to 4 p.m.

The couple would like to welcome friends but request no gifts.

Obituaries

LLOYD - Ralph Lloyd, 92, of Hoopeston, died at 1:23 a.m. Tuesday, Jan. 12, 2010 at Hoopeston Community Memorial Nursing Home, Hoopeston. Arrangements are pending at Anderson Funeral Home, Hoopeston.

Weather



Sunny today. High 31. Tonight, mostly clear. Low 24. Tomorrow, mostly sunny. High 34, low 27.
For current weather conditions, call Hoopeston Weather Service, (217) 283-6221.

at 9:42 a.m. Tuesday in the 600 block of South Eighth Ave.

Police said Mark Glenn, of Hoopeston, backed a 1990 Oldsmobile from a parking space into a parked 2005 Ford truck owned by Juan Resendez, also of Hoopeston.

Seventh grade volleyball now 2-0

Hoopeston Area Middle School's seventh grade girls upped their record to 2-0 after defeating Chrisman, 16-25, 19-25, Monday night.

The eighth grade girls dropped their record to 0-2, losing a three-set match to Chrisman, 25-21, 21-25, 25-14.

Ace leader was Leah Schmid with six. Mariah Moore led in blocks with two and digs, with three.

Karena Colunga rounded out the leader board with three assists.

Classifieds

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