

Health



Nurses meet

The fifth annual meeting of the League of the Visiting Nurse Association Home Health Services was held recently. Shown here are, from left, first row, Marian Uhl, Kingston, vice-president; Minerva Baiz, Forty Fort, president. Second row, Olive Phillips, Dallas, treasurer; Karen Brown, Dallas, recording secretary; and Nancy Brown, Dallas, corresponding secretary. New board members elected to fill expired terms include Patricia Dranchak, Dallas; Shirley Forney, Shavertown; Betty Killian, Nanticoke; Joan McCulloch, Dallas; and Wanda Thomas, Harveys Lake. Mrs. Betty Roman of Dallas was presented a certificate of appreciation for her devotion to the organization.

Obesity increases risk of diabetes

Nobody likes being overweight. Most people want to lose weight to look better. But there are other reasons for losing weight.

If you're overweight, you are five times more likely to get diabetes than your slender friends. In fact, your chances of developing diabetes double with every 20 percent of excess body weight. About 70 percent of all adult-onset diabetics are overweight.

For the overweight diabetic, losing weight is not just a matter of looking good. It can be a matter of life and death. Obesity increases the body's resistance to insulin, a chemical needed by the body to convert foods to energy. Losing weight can often result in reversal of the disease and reduction in serious complications such as heart attacks, blindness and kidney disease.

There are two types of diabetes. Type I is more severe and appears suddenly in childhood or young adulthood. Type I must be treated with insulin. However, Type II diabetes, which occurs in adulthood, can often be treated by diet alone, or diet and oral medication.

Many overweight Type II diabetics who require insulin would not

longer need it if they lost weight. Most obese diabetics who take oral medication could reduce or eliminate their medication if they achieved normal body weight. Any diabetic knows that freedom from insulin and medication is a dream come true.

A word of caution: never stop taking insulin or prescribed medications without a physician's approval. If you are diabetic and overweight, ask your doctor or dietitian for a weight loss plan. He or she will probably estimate the calories you need to maintain weight, subtract some calories from your daily food plan, and make an effort to include the foods you like.

Don't be tempted to try fad diets, formula diets or fasting; follow a plan approved by your physician or dietitian.

Combine your meal plan with an exercise program. Exercise can reduce blood sugar levels and help you lose weight. Choose an exercise that you will enjoy and continue for a lifetime.

Finally, if you are overweight, you should know that you are at greater risk for diabetes.



Officers installed

Officers of the Nesbitt Memorial Hospital Auxiliary were recently installed at the annual spring luncheon meeting attended by more than 200 auxiliaries. Entertainment was provided by Mrs. Betty Swithers, soloist. Orpheus Choral Society and St. John's Lutheran Church, Nanticoke. Mrs. Swithers was accompanied by Ellen Swithers. Newly elected to the Executive Board were Betty Roarty, president; Cindi Taylor, president-elect; Arlene Lorah, vice president; Angela Kelly, secretary; Ruth Wilson, treasurer; Marcella Gibbon, assistant secretary treasurer. Rural Branch officers are Edie Shupp, president; Doris Bedford, 1st vice president; Mary Adams, secretary; and Verna Weaver, treasurer. The new officers on the Shavertown Branch are Pauline Clewell, president; Margaret Goodwin, 1st vice president; Frances Perrego, 2nd vice president; Ruth Bottoms, secretary; and Marion Stookey, treasurer. Branch presidents, from left, are Pauline Clewell, Shavertown; Elsie Ellis, Forty Fort; Doris Coutts, Kingston; Carol Colon, Careerist; Esther Wilson, Wyoming; and Edie Shupp, Rural.

Open windows for pets

The Humane Society of the United States reminds readers that leaving a pet dog or cat in a parked car can be a deadly mistake. On a warm day the temperature in a car can reach 160 degrees in a matter of minutes - even with the windows left partially open.

If your pet does become overheated get him into the shade and take these emergency steps.

Apply cold towels to the head, neck and chest.

Let him lick ice cubes or ice cream not unlimited amounts of water.

Get your dog to the veterinarian immediately.

For a happy and safe summer, leave your pet at home when it is hot!



Dallas Post/Ed Campbell

Visit hospital

Brownie Troop 640 of Lehman recently went on a tour of Nesbitt Memorial Hospital. The girls made get-well cards and passed them out to the patients at the hospital. Shown here, from left, are Alison Stubb, Jennifer Brewer, Adrienne Miroslaw, Kim Gaylord, Becky Sutton, and Winter Rusiloski.

Bone & Joint Associates of Wilkes-Barre is pleased to announce the affiliation of John T. Raftis, M.D.

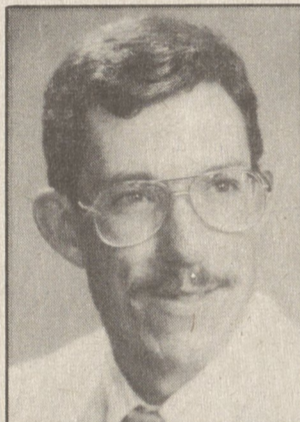
A specialist in Physical Medicine and Rehabilitation, Dr. Raftis is Board Certified.

Most recently, Dr. Raftis served as Medical Director of the Rehabilitation Unit at Desert Hospital in Palm Springs, California. Previously, he held the positions of Assistant Medical Director at John Heinz Institute, Wilkes-Barre, and Physiatrist at the George T. Walters Institute of Rehabilitation in Scranton.

A graduate of Georgetown University School of Medicine, Dr. Raftis completed his residency in Rehabilitation Medicine at Columbia University Presbyterian Hospital, New York City.

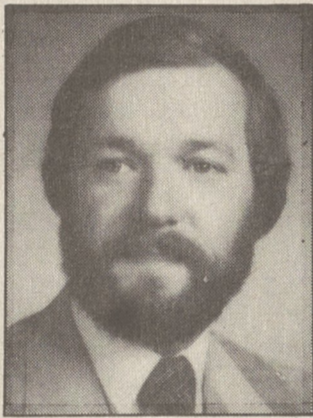
Dr. Raftis' areas of interest include closed head and traumatic brain injury, chronic pain management, cardiac rehabilitation, sports medicine, and non-operative musculoskeletal rehabilitation.

Appointments can be arranged by calling 826-1555. Office hours are from 9:00 a.m. to 4:00 p.m. Monday thru Friday. The office is located in the Medical Arts Building, 35 West Linden Street, Wilkes-Barre, PA.



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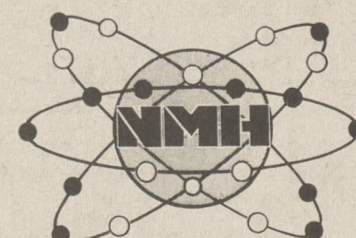
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