

Diabetes Detection Clinics Set by Health Department Next Week

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Diabetes is a more common disorder than is generally suspected and is the eighth-leading cause of death in the United States. During the last few years the prevalence of the disease has been increasing, and recent official estimates place the number of diabetics in this country at nearly 3 million, with about half of these individuals unaware that they have the disease.

In order to help find the unknown diabetics in Los Angeles County, the Diabetes Association of Southern California will conduct diabetes detection clinics in certain areas of the county from Nov. 1 to 23. The different locations and days in which this service will be available in particular areas may be obtained by calling the Torrance health center.

DIABETES is a chronic metabolic disorder in which there is a diminished ability of the body to change carbohydrates (sugar and starches) into energy. This happens because the body fails to create, or properly utilize, enough insulin. When this happens, sugar piles up in the blood until it begins to pass through the kidneys and into the urine.

Though the disease may occur in younger persons, it usually develops after an in-

dividual reaches middle age and afflicts women more frequently than men.

When untreated, diabetes is dangerous and may lead to widespread damage to a number of organs within the body. Unfortunately, the average patient consults a physician only after one or more of the complications which are common to diabetes are well established. As often as not, dia-

betes is first detected when a patient comes to his doctor because of symptoms resulting from the complications.

THE MOST common complicating disorder is arteriosclerosis or hardening of the arteries, and although this condition is also common among non-diabetics it tends to develop earlier in those individuals who are diabetics. The

same is true of eye trouble caused by hemorrhage into the retina.

Some people, especially in the early stages of the disease, have no apparent symptoms whereas other individuals will show evidence of only one or two. The most common signs of the presence of the disease include weakness, a persistent hunger, more than normal thirst, excessive urination, loss

of weight, slow healing of cuts, pain in the extremities, drowsiness, and abnormal changes in vision.

THERE ARE certain people among whom diabetes appears with greater frequency than in the general population, and these are known to the medical profession as high-risk groups. One group relates to age and includes all individuals over

40. Another relates to obesity and includes any person who is appreciably overweight. Two groups are related to heredity and include the close relatives of diabetics and mothers whose infants weighed 9 pounds or more at birth. Of course it does not follow that all individuals in these groups will become diabetics, but the probability is there and increases with age. The diagnosis of diabetes is sometimes a complex procedure, but a simple urine test, while not conclusive, is gen-

erally recognized as quite efficient in screening and case-finding.

DURING THE Diabetes Detection Week of 1962, some 12,239 persons in Los Angeles County were tested for the disease, and 274 of those tested showed sugar in the urine. While this test is not conclusive, it indicates that further testing is advisable in case the disease is present.

Persons with diabetes are more fortunate than people with many other chronic diseases since it can usually be controlled. Some diabetics may keep the disease under control by diet alone, others require the use of medication either by injection or by mouth. In any case, it is essential that the diabetic place himself under medical supervision as soon as the disease develops.

CalProp to Construct Apartment

Construction of a 60-unit apartment building at Rosecrans and Prairie Avenues in Lawndale is now under way, according to Victor Zaecaglin, president of CalProp Investments, Inc., developers of the project.

To be known as "The Olympian," the apartment building will feature completely furnished singles and one bedroom units with utilities provided at no cost to tenants.

Units will feature furniture, appointments and decorator colors in keeping with the contemporary theme of the structure. Kitchens are highlighted by ceramic topped working areas. Separate dressing rooms are augmented by vanity buffets and large mirrors typically found in only the most luxurious apartments.

Art Exhibits Displayed at LB Gallery

Three art exhibits will go on display at Long Beach State College Art Galleries, 6101 E. 7th St., today and continue through Dec. 17.

The fifth annual drawing show in the Main Gallery includes works by 40 major draftsmen of the Southern California area. In contrast to the four previous annuals, which were juried, this year's show is by invitation of the drawing faculty and the gallery director.

The small Gallery will feature a major exhibit of the graphics, films and packaging of the design firm of Morton Goldsall and Associates.

The design work of three alumni, John Nyquist, Howard Savage and Don McNab will be shown in additional gallery space.

Gallery hours are 8 to 12 noon and 1 to 5 p.m. weekdays and 2 to 5 Sunday afternoons.

Dual Art Show At Marymount

Marymount College's English and art departments and Sigma Tau Delta will sponsor a dual exhibit through Nov. 22 in the library gallery on the Palos Verdes Estates campus.

The first California showing of oils, still life and portraits by Robert West of Buena Park and masterpieces of English and American literature will be featured. Included in the latter will be rare illustrated volumes of Chaucer, Shakespeare and Milton, and an original painting of Chaucer's pilgrims by Betty Schiff.

Army National Guard Pvt. John P. Clark, son of Mrs. Sophie P. Clark, 226 Avenue E, completed a six-week supply course under the Reserve Forces Act program at Ft. Ord, Calif., in mid-October.



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