



NOVEMBER
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Tulsa W O M A N M A G A Z I N E

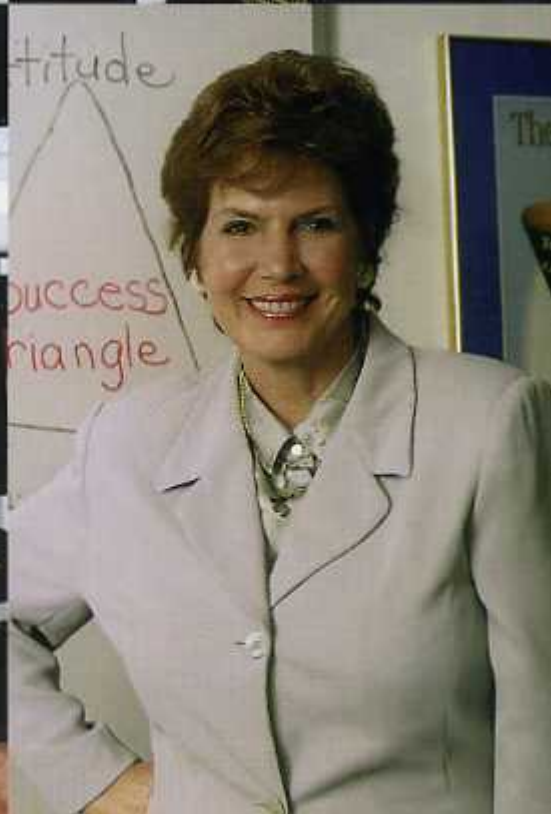
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Women Breaking the Mold



BY DEBORAH CAMP

Diabetes Assault on America Goes Virtually Unchecked

"Most people think diabetes is about people eating too much sugar and that's just not right."



Photo by Lassiter & Shoemaker

JANE CAMPOREALE

Two of Oklahoma's most ardent crusaders against diabetes entered the battle for diverse reasons.

The current national chairwoman for the American Diabetes Association, Jane Camporeale, began her association with fighting the disease when a neighbor asked her to help with a fund-raiser. Years later her father died from complications of diabetes. Now Jane's husband is diagnosed as diabetic.

"It's become personal," Jane noted. "But it didn't start out that way."

Her work as national chairwoman means she must travel from her Tulsa home frequently, often headed for Washington, D.C. to press the government for more funding.

"I don't like to pit one disease against another," Jane said. "Everyone is there asking for money, so it's tough. But diabetes really is under-funded, considering the number of people it affects every year."

The statistics are, indeed, staggering.

The deadly serious disease attacks 16 million Americans. That's twice as many people as all those afflicted with all cancers. However, for every \$7 spent on researching and preventing cancer and AIDS, \$1 is spent to research diabetes.

"It's all about funding and research," Jane said. "The funding is simply not in place for any critical research and it's very difficult

to get our government representatives to understand that diabetes must be given more dollars. Prevention will save this country money. Some 27 percent of those on Medicare are diabetic, but surveys show that only four percent of Americans questioned even know what diabetes is and how it can affect the body."

The affects are varied and devastating. Diabetes attacks and weakens every organ in the body and can result in blindness, heart, liver and kidney disease, stroke, and poor circulation that can lead to amputation. Diabetes has no known cure.

No one is more tuned into the fight than Kim Koleber, a Tulsan whose 13-year-old daughter, Megan, was diagnosed with diabetes when she was three.

"Megan is Type 1, which means she is insulin dependent and must give herself

injections and check her blood sugar at least three times a day," Kim said. "We had no diabetes in our family before Megan was diagnosed with it."

When Megan was a toddler she contracted a flu virus. Her body went into action, creating many white blood cells with which to fight off the infection. Her body did too good of a job and the blood cells attacked Megan's pancreas, disabling it so that it could no longer produce insulin.

"I was devastated," Kim said, recalling when she was first told her daughter was diabetic. "I knew it was going to completely change our lives."

Diet and exercise are used to help stabilize the disease, but juvenile diabetes is especially critical because the individual must live for so many years with the deteriorating effects.

"I think ahead to when Megan is 20 and I wonder if she'll be having kidney failure or if her eyesight will be bad," Kim said. "But Megan is such a trooper and she's done so much work in fund-raising and raising the awareness of people about diabetes. Our main objective is to educate people—to make them understand that a cure is possible."

Megan is an honor student at Jenks Middle School. She recently traveled with her family to the nation's capitol to speak with their representatives about further funding. Appointments were made, but Kim said that "the people there play by their own rules" and she and Megan came away disillusioned. However, the recent crowning of Miss America, Nicole Johnson, as Miss America has given Kim and Megan new hope.



Photo by Lassiter & Shoemaker

KIM AND MEGAN KOLEBER

"Miss America is diabetic and her platform is educating people about the disease and seeking more funding,"

Kim said.

"That's great.

When she won,

I shouted, 'Yes!'"

Some day

Kim hopes the

word is spread

about the disease

so that she doesn't

have to hear

any more ignorant

remarks such as,

"What did you do, feed

your kid Oreos for

breakfast?"

"Most people think

diabetes is about people eating too much sugar and that's just not right," she said, resignation weighting her tone. "I could do more damage to Megan by feeding her a 'happy meal' than by feeding her four pounds of sugar."

She added that diabetes is controlled through balance—a balance in diet and exercise. The body is no longer capable of balancing itself, so the person has to assist by monitoring her blood sugar, eating well-balanced meals and engaging in routine physical activity.

"Women are especially affected by diabetes," Jane noted. "Many, many women contract this disease, and if they are lucky and don't, then chances are someone in their family will. Women are the primary caregivers, so they end up taking care of, or at least helping to take care of, the diabetic family member."

November is American Diabetes Month. For more information call 1-800-DIABETES (342-2383) or visit the site on the World Wide Web (<http://www.diabetes.org>). A free brochure is available called "Diabetes: What to Know—Head to Toe" that contains simple steps for controlling the disease. ☼



SHARON FREUDENBERGER
TULSA CLINIC MANAGER

We women of the nineties find ourselves living a very fast-paced lifestyle which leaves many of us feeling stressed and tense. Many of the demands of job and family can stress us to the point where it affects our health. Did you know that there are natural ways to help women deal with stress? A healthy diet, regular exercise, getting plenty of rest, and the use of botanicals are a few of the ways we can deal with today's stressful lifestyle.

Dr. Sullivan, founder of the Natural Health Clinic, formulated an herbal combination called Nature's Calm to help both men, women and even children deal with the stress, tension, and anxiety that many of us experience in these hectic times. The herbs contained in Nature's Calm have a soothing and calming effect on the nerves without side effects.

Herbs such as Scullcap and Hops are food for the nerves and are known to be very effective. They have natural soothing properties and are useful for insomnia.

Another herb contained in this combination is valerian root. This herb is safe, natural, non-narcotic producing a calming, sedative effect on the nerves. Valerian is also a natural muscle relaxant.

The botanical Capsicum is a catalyst carrying all the herbs quickly to the areas of the body where they are needed most. This herb is rich in vitamins A,C, and B-complex which are used rapidly by the body during stressful times.

Nature's Calm is a safe and non-habit forming herbal formula from nature's pharmacy and exclusively available from the Natural Health Clinic, America's 21st Century Health Store.

Come See Us

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