

UPDATE

Your Monthly Guide to SNK's
Benefits and Health Services Center (3300)



845 - BENE (2363)

Benefits Information

844 - HLTH (4584)

*Health Services Information,
Scheduling, Enrollment, and Mailings*

NOV/DEC 1999

Walk-In Clinic
Monday - Friday
7:30am - 4:00pm

Clevenger's Corner

*A note from your Benefits and Health Services
Director, Larry Clevenger ---*

I was 24 at the time, mid-way through my second year of medical school. I had just completed what I believed to be a comprehensive review of endocrine related diseases and felt I knew everything there was to know about diabetes. I could quote "chapter and verse" about the adverse effects of diabetes on the eyes, kidneys and cardiovascular system and had memorized many pharmacological details about drug therapy of diabetes. My head was full of facts (but little common sense, I must confess). It was later that year, however, that my education about diabetes really began. That started when my father was diagnosed with diabetes.

My dad seemed young to have such a disease, but then diabetes follows no required rules about age. I recall the constancy with which it was necessary to monitor blood sugars, adjust medication and always be concerned about diet, weight and exercise. It wasn't always easy my dad was like most of us. He really didn't want this problem, disliked the daily engagement with the management of it and perhaps most of all didn't like being reminded that he too had limits.

Today diabetes continues to be a part of many of our lives. Indeed, as adults all of us have a family member, friend or coworker with this disease. This month's UPDATE provides a focus on diabetes. The good news is that more and more information has been learned about diabetes and how to avoid complications. Treatment options are more robust and effective. Take a few minutes to learn something new about diabetes and take another few minutes to talk to someone with the disorder. They will appreciate your interest and willingness to engage the human side of disease management.

What's Inside
Diabetes
Awareness

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