



Red Ribbon Week: (From Left) Laura Guest, Administrative Assistant Behavioral Health and Regina Black. (SFN Photo)

Red Ribbon Week

Laura Guest, Behavioral Health

October 26, 2012, was the last day of Red Ribbon Week. Ribbons, give a-ways, and information on bullying, Meth, as well as other types of drugs that are abused were given out. 137 people visited BHS on 10/22/12 Kick Off Day and shared cake and punch, and throughout the week others visited the booths and various topics were discussed.

It was a lot of fun. Daily door prizes were given and the following people were the winners: 10/22 – Robby Barrett, 10/23

– Anthony Ramirez, 10/24 – Becky Peck, 10/25 – Briana Wakolee and 10/26 – Toni Littlewalker

The BHS department would like thank everyone for their support. It takes everyone's participation to get the information out about the dangers of drug abuse. We need to keep our nation strengthened. BHS extends its appreciation to the Language department for their assistance in the helping BHS prepare the theme board for the booth.

Pediatric T2 Diabetes Press Release

OKLAHOMA CITY - With Oklahoma having a state health ranking of 48th in the nation and Type II Diabetes accounting for 50 percent of new diabetes diagnoses among children, physicians want to become more involved in helping to control what some have already termed an epidemic.

"Nearly 25 percent of Oklahoma's population is obese and slightly more than seven percent have diabetes in the state," Dr. Corder stated. "Obesity is one of the main causes of Type II Diabetes in children, which contributes to both insulin resistance as well as cardiovascular problems. The single greatest risk factor to children and adolescents with Type II Diabetes is excess weight."

In Type II Diabetes the various cells in a child's body are resistant to the effects of insulin which causes glucose to build up in the bloodstream. The increased volume of fat cells in overweight children merely adds to the resistance effect of the child's own insulin. Formerly referred to as adult-onset diabetes, it is currently estimated that 2.8 million adolescents in the U.S. have either pre-diabetes or Type II Diabetes and that approximately one-third of all children born in 2000 will develop diabetes during childhood or adolescence. This will eventually cause glucose levels in the body to reach dangerous levels which can lead to compli-

cations such as heart disease, blindness and kidney failure.

This is where doctors desire to make a difference – by studying the effectiveness of new diabetic medications accompanied by dietary education. According to Dr. Corder, this has the potential to control diabetes and obesity in adolescent diabetic patients.

"At this time oral medications are currently being used to treat Type II Diabetes in adults. We believe that new diabetic medications could be very beneficial to adolescents between the ages of 10 and 17 who are also suffering," stated Dr. Corder. "The study that we are conducting will last for approximately one year and include about 15 visits to our clinic. As well, a registered dietician will be working with both our young patients and their caregivers on how to follow a better diet and exercise program."

"This is an vital study addressing an important medical issue among today's youth," Dr. Corder stated. "Even if your child or teenager does not have Type II Diabetes, chances are you do know someone who could still benefit from taking this medication."

Located in Oklahoma City, COR Clinical Research may be reached at (405) 272-8481 for more information on how to become involved in an adolescent diabetic study.

Hypertriglyceridemia Press Release

OKLAHOMA CITY – A recently released report from The Trust for America's Health and the Robert Wood Johnson Foundation has Oklahoma overtaking Mississippi as the most obese state in the country in less than 20 years. By 2030, both states have been projected to have in excess of two-thirds of their population labeled as overweight.

Not only does being overweight cause an increase in Type II Diabetes, heart disease, stroke, cancer, arthritis and high blood pressure, but it also plays a significant role in hypertriglyceridemia.

"Hypertriglyceridemia is a condition in which triglyceride levels in the blood are elevated," stated Dr. Clinton Corder. "Essentially it denotes high blood levels of triglycerides which are the abundant fatty molecules. Even in the absence of high cholesterol, it can make you more susceptible to heart disease. Normal triglyceride levels are often less than 200 mg/dL, but very high triglyceride levels occur between 1,000-3,000 mg/dL."

With heart disease the leading cause of death among all age groups in Oklahoma, it is of great concern to physicians that hypertriglyceridemia be treated appropriately – especially for those with extremely elevated levels of triglycerides.

"The patients who have very high triglyceride levels, even those above 900 mg/dL, they are at a very high risk. Not only of heart disease, but also of acute

pancreatitis. It is in these patients that medications and diet are often recommended," Dr. Corder stated.

A treatment is currently available with the medication being studied at COR Clinical Research where Dr. Corder is principle investigator. "Sometimes lifestyle changes such as diet and exercise are not always enough and medication must be incorporated too," Dr. Corder stated. "For someone who has severe hypertriglyceridemia, this could be an important step to make in their treatment plan."

Located near St. Anthony Hospital in Midtown Oklahoma City, COR Clinical Research is open from 8 a.m. to 5 p.m. Monday through Friday. For more information or to become involved, call (405) 272-8481.



Louis Roy Harragarra Arrives October 29

Louis Roy Harragarra was born on October 29, 2012 at 10:54 pm to the proud parents, Donovan Gene Harragarra & Toya Marie Harragarra.

Paternal grandparents are Earl Dee Harragarra and Mary Louise Whitecloud.

Maternal grandparents are Raymond Lee Paddyaker and Winona June Goodbear.

Don't Forget
The Sac and Fox Nation
Christmas Bazaar
December 8, 2012
Sac and Fox Community Bldg

November 14, 2012
Elders Advisory
Committee Meeting
Stroud 10am - ?
Potluck &
White Elephant Bingo

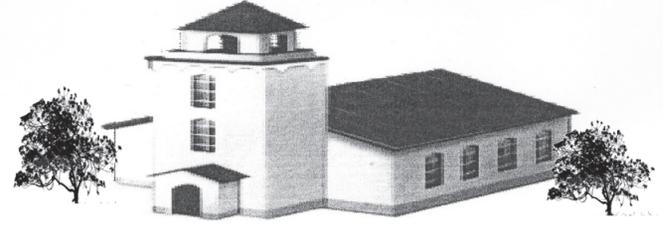
Happy November Birthday Elders!!

Martin Boyd
 Mary Jane Knaack
 Paul Joseph Della Calce
 Michael James Griggs
 Doris Irene Worthington
 Lana S. Grant
 Donna Darlene Longshore
 Catherine Joy Walker
 Archie Hector Rice
 Jenell Ashbaugh
 Mary E. Abney
 Darrell Harvey Poodry
 Forrest Neil Walker
 Deborah Sue McElroy
 Cheryl Lee Crane
 Jeff Daniel Miles
 Jimmie Lee Garcia
 Corrine Tsoodle
 Georgia Lee Hancock
 Mary Georgie Rolette
 Betty L. Harmon
 John Patrick Butler
 Phyllis Faye Britt
 Riley Earle Poodry
 Paula Kaye Williams
 Gloria C. Bonifield
 Sharon Elaine Little
 Latricia Switch
 Colbert R. McClellan
 Mary Lee Brown
 Laveta Aldean Ashley
 Nelda Joyce Snodgrass
 Edward Abraham Longshore

Barbara Jean Rothrock- Williams
 Ruth Wright
 Julia L. Hanson
 Larry G. James
 Mark Everett Couteau
 Dale Wayne McCreless
 Dorothy J. Lawson
 Ronald Dean Brown
 Margaret Lucille Ward
 Donald Jerreth Thorpe
 Linda Joyce Morris
 Patricia Dean
 Janet Jeske
 Johnnie Mae Tallbear
 Ellis Gayle Rolette
 Lula Allen
 Eva-Kay Rice
 Beverly Sue Jackson
 David Eugene Phelps
 Karin Kae Wakolee
 John Jacob Allen
 Theodore Wendell Eubanks
 Delores Colbert
 Patricia Guinn Ponder
 Rosita Leah Duncan
 Melinda E. Redd
 Tommy Leon Masquat
 Kenneth Robert McKosato
 Sharon Gail Oszman
 David Leon Roubidoux
 Jim Dewitt Longshore
 Christine Barker Williamson
 Thomas Morris

 **Oklahoma Tobacco Helpline**

1 800 QUIT NOW



Sunday Worship Services
At
Sac and Fox Chapel
 9:45 a.m. - Bible Study
 11:00 - Worship Services
 Preaching: Don Tiger
 Worship Leader: Mike Grass
Come Join Us . . .
This is the day that the Lord hath made we will rejoice and be glad in it.