

# From The Merle Boyd Center



**Don't Forget Volleyball Tuesday and Thursday at 12:00 Noon**

## Diabetic Eye Disease • Stay On Track

..... submitted by LaDonna Johnson CHR Coordinator



### Diabetic Eye Disease

Diabetic eye disease has no warning signs. Finding and treating the disease early, before it causes vision loss or blindness, is the best way to control diabetic eye disease. If you have diabetes, make sure you get a dilated eye examination at least once a year.

If you have diabetes you are at risk for diabetic eye disease. Diabetic eye disease refers to a group of eye problems including diabetic retinopathy that people with diabetes may face as a complication of this disease. All can cause severe vision loss or even blindness.

The most common diabetic eye disease is diabetic retinopathy. This disease is a leading cause of blindness in American adults. It is caused by changes in the blood vessels of the retina.

The longer someone has diabetes, the more likely he or she will get diabetic retinopathy. Between 40-45 percent of those with diagnosed diabetes have some degree of diabetic retinopathy. Diabetic retinopathy occurs in 24.4% of Oklahoma Indians.

Laser surgery and appropriate follow-up care can reduce the risk of blindness by 90 percent. However, laser surgery often cannot restore vision that has already been lost, which is why finding diabetic retinopathy early is the best way to prevent vision loss.

If you have diabetes, you are also at risk for other diabetic eye diseases, such as cataracts and glaucoma. People with diabetes develop cataracts at an earlier age than people without diabetes. Cataracts can usually be treated by surgery.

A person with diabetes is nearly twice as likely to get glaucoma as other adults. And, as with diabetic retinopathy, the longer you have had diabetes, the greater your risk of getting glaucoma. Glaucoma may be treated with medications, laser surgery,

or conventional surgery.

### Staying on TRACK

Think of all the beautiful things you wouldn't see if you lost your sight. If you have diabetes, get a dilated eye exam and keep your health on **TRACT**.

Take your medications as prescribed by your doctor **Reach** and maintain a healthy weight. Add physical activity to your daily routine. Control your blood sugar, blood pressure, and cholesterol. Kick the smoking habit.

Knowledge is power. Learn what you can, talk to your health provider and use what you learn to help yourself beat this horrible disease.

Information provided by The National Eye Institute, National Institutes of Health

Diabetes is a disease that affects the body's ability to produce or respond to insulin, a hormone that allows blood glucose (blood sugar) to enter the cells of the body and be used for energy. Diabetes falls into two main categories: type 1, which usually occurs during childhood or adolescence, and type 2, the most common form of the disease, usually occurring after age 45. Diabetes is a chronic disease that has no cure.

Today, diabetes has reached epidemic proportions among American Indians. Complications from diabetes are major causes of death and health problems in most American Indian populations.

This month, we are going to address one of many diseases which is the result of diabetes.

## Got Health?

July 12, 2012  
10am to 2pm  
Sac and Fox  
Community Building  
7 miles South of Stroud  
On Hwy 99



Door Prizes  
**FREE** Lunch  
Basket Weaving  
Chair Massage  
Health Screenings  
Open to the Public

- \*Women's & Men's Health
- \*Heart Disease
- \*Nutrition
- \*Domestic Violence
- \*Diabetes Education
- \*Child Abuse Awareness
- \*Glucose Screenings
- \*Mental Health
- \*Drug and Substance Abuse
- \*Tobacco Cessation
- \*Cancer
- \*Exercise Evaluations
- \*Blood Pressure Check
- \*And Much More!!!

For More Information Contact  
Sharlyn Kennon - (918) 968-9531 Ext. 208

**May 2012**

### Black Hawk Health Center Activities

May 2012				
Black Hawk Health Center Activities				
Mon	Tue	Wed	Thu	Fri
	1 11:15—Kehchipenowa & Kiyothêwa Club ♦ 12:15— Volleyball ♦ 4:45— Circuit Training ♦	2 11:15 & 12:15 Kehchipenowa/Kiyothêwa Club & Core Training ♦	3 11:15—Kehchipenowa & Kiyothêwa Club ♦ 12:15— Volleyball ♦ 4:45— Circuit Training ♦	4 11:15 & 12:15 Kehchipenowa/Kiyothêwa Club & Core Training ♦
7 11:15 & 12:15 Kehchipenowa/Kiyothêwa Club & Core Training ♦	8 11:15—Kehchipenowa & Kiyothêwa Club ♦ 12:15— Volleyball ♦ 4:45— <b>NO CLASS</b>	9 11:15 & 12:15 Kehchipenowa/Kiyothêwa Club & Core Training ♦	10 11:15—Kehchipenowa & Kiyothêwa Club ♦ 12:15— Volleyball ♦ 4:45— <b>NO CLASS</b>	11 11:15 & 12:15 Kehchipenowa/Kiyothêwa Club & Core Training ♦
14 11:15 & 12:15 Kehchipenowa/Kiyothêwa Club & Core Training ♦	15 11:15—Kehchipenowa & Kiyothêwa Club ♦ 12:15— Volleyball ♦ 4:45— Circuit Training ♦	16 11:15 & 12:15 Kehchipenowa/Kiyothêwa Club & Core Training ♦	17 <b>CLOSED</b> <b>SAC &amp; FOX VICTORY DAY</b>	18 11:15 & 12:15 Kehchipenowa/Kiyothêwa Club & Core Training ♦
21 11:15 & 12:15 Kehchipenowa/Kiyothêwa Club & Core Training ♦	22 11:15—Kehchipenowa & Kiyothêwa Club ♦ 12:15— Volleyball ♦ 4:45— Circuit Training ♦	23 11:15 & 12:15 Kehchipenowa/Kiyothêwa Club & Core Training ♦	24 11:15—Kehchipenowa & Kiyothêwa Club ♦ 12:15— Volleyball ♦ 4:45— Circuit Training ♦	26 11:15 & 12:15 Kehchipenowa/Kiyothêwa Club & Core Training ♦
28 <b>CLOSED</b> <b>MEMORIAL DAY</b>	29 11:15—Kehchipenowa & Kiyothêwa Club ♦ 12:15— Volleyball ♦ 4:45— Circuit Training ♦	30 11:15 & 12:15 Kehchipenowa/Kiyothêwa Club & Core Training ♦	31 11:15—Kehchipenowa & Kiyothêwa Club ♦ 12:15— Volleyball ♦ 4:45— Circuit Training ♦	

Boyd Fitness Center • Gymnasium •••

## May Cooking Class!




*Come have fun and learn new tasty foods to make!*

**Topic:** Health Benefits of Whole Grains and Fresh Veggies

**Menu:** Texas Caviar and Toasted Herb Crackers

*Recipes will be prepared and tasted!*

*Recipe cards will be provided to all attendees!*

**Location:** Merle Boyd Center Kitchen

**Dates:** May 21<sup>st</sup> @ 11:15-11:45 am  
May 23<sup>rd</sup> @ 12:15-12:45 pm

*Come and have fun!*



### BLACK HAWK HEALTH CENTER ACTIVITIES Activity Descriptions:

**Group Exercise Classes** – Call Sharlyn Kennon for questions. 918-968-9531 x208

**Circuit Training** is a total body workout. Participants alternate between aerobic, muscle strength, core, agility and endurance movements while performing each station for one minute. Intensity can be adjusted for beginner to advanced levels of fitness.

**Core Training** is a workout designed to tone the core muscles of the body. The “core” muscles run the entire length of the torso and are used to stabilize the spine and pelvis. Benefits of a strong core include reduction of back pain, improvement of posture imbalances and enhance fitness performance. If your looking for tighter abs, obliques, glutes and back muscles, this is the class for you!

**Kehchipenowa & Kiyothêwa Club** started February 21st. Kehchipenowa is the Sauk word which means he/she jogs or runs. Kiyothewa is the Sauk word which means he/she walks around. Participants receive incentives for jogging/walking 150 miles.

**Volleyball** - Join us outside, west of the Merle Boyd Center for recreational games.

**Xbox Kinect Games** are played every Friday in the Merle Boyd Center. Join us for fun, games and dancing.