

PRACTICALLY ACTIVE

Neuropathy column invites empathizer outreach

ROSEMARY BOGGS ARKANSAS DEMOCRAT-GAZETTE

Since I wrote the column on neuropathy I've been getting emails from people who are struggling right along with me.

Several have shared tips or mentioned medications they've used to try to ease the discomfort of the disease. All I can say is thanks, I really appreciate your taking the time to contact me.

I'm still struggling with getting back into routinely exercising. I am the queen of excuses and president of the Procrastinators Club. Putting things off can be extremely exhausting too. But I'm working on it. Really I am. And I'm envious of those who seem to have a fondness for activity and exercise built into their DNA.

I've been planning to buy a bicycle when the weather gets cooler. Pedaling is a low-impact option that I enjoy, or rather, remember enjoying. I haven't ridden in years.

My son and I had bikes in need of some repair. I'd been putting off taking them to our local shop for an overhaul. A few weeks ago he moved the bicycles to the front porch so he could sweep our carport, then didn't move them back. Apparently, someone or someones thought that meant we needed them moved for us, right out of our yard and into their vehicle.

I was upset at first, but I figure at least they will have to rehabilitate the bicycles before they can ride them. And if they sell them, they won't get top dollar. That's a little solace.

BOOT CAMP

Earlier this year I wrote about a diabetes boot camp at Arkansas Heart Hospital. A second boot camp will be held from 8 a.m. to 1 p.m. Sept. 28 in the Fireplace Room of the hospital annex building.

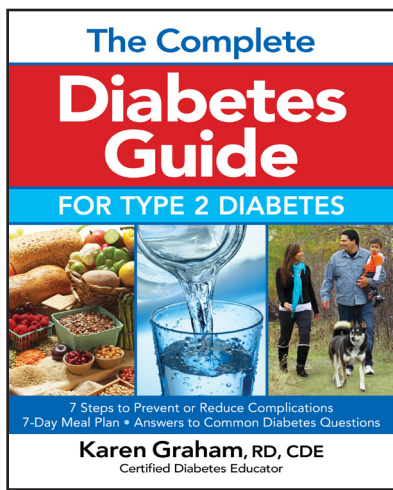
The free event is designed to help the diabetic patient understand the disease, and find ways to navigate the ups and downs of living with it. This workshop is also open to family members and caregivers.

It will be led by Sheron Weiss, a registered nurse who is certified in diabetes education.

Topics covered will include diet, counting carbohydrates, reading labels, exercise and medications. To register, call (501) 219-7050.

RECOMMENDED READING

I'm always interested in furthering my understanding of diabetes, and with that in mind, I got a copy of 'The Complete Diabetes Guide for Type 2 Diabetes.' The book was written by Karen Graham, a registered dietitian and certified diabetes instructor.



It's a primer that covers many aspects of the condition, from health concerns to lifestyle recommendations. And it's beneficial for those who are at risk, newly diagnosed or folks who have been living with a diagnosis for years.

Since my diagnosis, I've done research, talked to doctors and read books. I am in no way qualified to be an expert, but I thought I knew a lot about diabetes. After delving into this book, I realize what I know is really just the tip of the proverbial iceberg. It's amazing how many ways the disease touches our lives and our bodies, and frankly, it's scary.

The book's introduction is informative and is followed by a de-

tailed list of health problems and complications common in those who have it, such as damaged blood vessels and nerves, heart attacks and strokes, foot and lower leg infections and kidney damage.

Graham also addresses questions like:

- Do I have to stop eating chocolate and desserts?
Can I eat in a restaurant?
Will I lose my leg like my grandpa did?
Can I still drink alcohol?
Will diabetes affect my sex life?

You get the picture. These are common concerns for many of us.

The chapter "Eating Well" covers losing weight; carbohydrates and blood sugar; lowering cholesterol levels; reading food labels; alcohol, herbs and vitamins; and what to eat when you are ill.

Graham also includes meal plans with recipes, and the photos of the dishes will make your mouth water. For example, chicken curry and rice, seafood chowder, homemade chicken strips and peach cobbler.

And there's a really good section about snacks, substitutions and eating out.

There's a "Being Active" chapter that discusses the benefits of exercise, which most of us probably already know, but a refresher can be valuable to the underactive —

like me. (If you have doubts about what you can do, check with your physician.)

Graham also talks about the benefits of low-impact exercises like walking, biking and swimming, aerobics and dancing, and flexibility exercises.

Something I found eye opening is the section on keeping your eyes healthy when exercising. Who knew?

Some diabetics develop retinopathy, a disease that affects the blood vessels at the back of the eye. Exercises that need to be avoided in such cases include moves that could raise your blood pressure or those that cause you to hold your breath. Listed are high-impact exercises, lifting weights above your head, exercises that involve sudden blows like boxing, karate or hockey, and those that drop your head below your waist.

Also covered are smoking, infections, medications and tests, staying positive, managing the disease at different life stages, pregnancy and sexuality. Throughout the book there are stories from people like many of us who struggle with diabetes.

The main thing, it seems, is to be proactive and always seek sound medical advice.

Share with me at: rboggs@arkansasonline.com

TALK SHOWS

7:00 a.m. TODAY Billy Crystal; Cee Lo Green; Ron Howard and the cast of Rush; Steve Harvey. (N) (cc)

9:00 a.m. THE WENDY WILLIAMS SHOW Andy Cohen and Daphne Oz; Spring Fever month kickoff. (cc) (FAM) THE 700 CLUB The many advances in technology, medicine and agriculture that have been made in Israel. (N) (cc)

10:00 a.m. THE VIEW Welcoming new co-host Jenny McCarthy. (N) (cc) THE WENDY WILLIAMS SHOW Brandy Norwood performs a song from her new album; Steve Wilkos, Carey Reilly and Judge Lynn Toler. 11:00 a.m.

BETHENNY (Series Premiere) Nick Cannon; Boris Kodjoe; Chuck Nice; Gary Owen; Flo Rida performs. (N) (cc) THE TRISHA GODDARD SHOW Lie-detector tests make or break couples. (cc)

3:00 p.m. THE BILL CUNNINGHAM SHOW Revelations put relationships in jeopardy. (cc) 4:00 p.m.

MAURY A woman has two brothers tested to see if either of them is the father of her baby. 10:35 p.m.

THE TONIGHT SHOW WITH JAY LENO Martin Short; Meghan McCain; Backstreet Boys perform. (N) (cc) LATE SHOW WITH DAVID LETTERMAN Actor Ricky Gervais; Janelle Monae performs. (N) (cc)

11:36 p.m. LATE NIGHT WITH JIMMY FALLON Steve Harvey; Duck Dynasty cast; Goldfrapp performs. (N) (cc)

11:37 p.m. THE LATE LATE SHOW WITH CRAIG FERGUSON Actress Alice Eve. (N) (cc)

ON CHRISTIANITY

DEAR REV. GRAHAM: I guess I just don't have any backbone. I promise God I'm not going to do something I know is wrong, but then I get with my friends and before I know it I'm doing it. I hate being such a weak person. Will I always be this way? — M.H.

DEAR M.H.: No, you won't necessarily always be this way if you face your problems and sincerely seek God's help to overcome them. The Bible says, "The Lord is my strength ... my heart trusts in him, and he helps me" (Psalm 28:7).

Your real problem (at least in part) is that you desperately want other people to like you, and you're afraid your friends won't like you and will turn against you if you don't do what they do. To refuse to go along with them would be the same thing as telling them they're wrong and you're right, and you fear they'd reject you as a result. And they might reject you. But if so, then they aren't really your friends. True friends would care what happens to you. They're tearing you down by pressuring you into doing what they do, and that isn't true friendship. The Bible warns, "Do not be misled: 'Bad company corrupts good character'" (1 Corinthians 15:33).

Begin by asking Jesus to come into your life, to forgive your sins and help you live the way you should. Then realize that you now belong to Him, and He is with you and will be your friend forever. Ask Him to help you find new friends, friends who love God and will encourage you and help you confront your temptations and grow strong in your faith.

Write to Billy Graham in care of Billy Graham Evangelistic Association, 1 Billy Graham Parkway, Charlotte, N.C. 28201 or visit the website at billygraham.org

EVENING / PRIME TIME

Table with 12 columns (6:00 p.m. to 11:00) and 15 rows of TV listings for Comcast LR/NLR cable channel.

BASIC CABLE CHANNELS

Table with 12 columns (6:00 p.m. to 11:00) and 22 rows of TV listings for basic cable channels.