

# Diabetes: Child's diagnosis often a surprise to parents

WICHITA—As a young mother, Jan McMahon thought her nearly four-year old daughter might have a urinary tract infection. The diagnosis was type 1 diabetes.

McMahon, who is a K-State Research and Extension family and consumer sciences agent in Sedgwick County, is knowledgeable about nutrition and health. She was aware of an aunt and a cousin who had type 1 diabetes, yet hoped that her daughter would be spared the disease.

Type 1 diabetes typically strikes

children and young adults, and early warning signs, such as thirst, fatigue or irritability, can be easy for parents to miss. The disease is thought to have a genetic link, yet can strike without warning.

A call from a school nurse alerted Mary Siderewicz, of Westmoreland, that her daughter Kallie, 11, wasn't feeling well.

The seemingly healthy 6th grader had experienced something like a momentary electric shock while putting up a school poster. The next day, she was diagnosed with type 1

diabetes.

Siderewicz, who is a family and consumer sciences teacher in USD 323 (Rock Creek), said that her experience with the disease was limited to cousins who had type 2 diabetes.

"The diagnosis can surprise parents," said Susan Sanders, mother of two children with type 1 diabetes. Sanders, who also has worked as the area manager of programs with the American Diabetes Association in Wichita, said that she often has been asked: "Isn't there some kind of a pill that will cure this?"

"At this point in time, the answer is 'no,'" she said. "Diabetes is a chronic illness that a child will have to live with."

"The disease can be managed successfully," Sanders said. "Our daughter was diagnosed at age five, and has grown in her ability to manage her diabetes. She now is a typical teenager doing the same kinds of things other kids do."

"Our son was diagnosed at age 12," she said.

Why was one child diagnosed at age five and the other not until age 12?

"The onset of the disease could have been triggered by a viral infection like the flu or a childhood illness like the chicken pox," Sanders said.

Early warning signs of diabetes typically include excessive thirst; frequent urination; unusual hunger or unexplained weight loss; fatigue; weakness; irritability or blurred vision.

Type 1 diabetes has typically been described as "juvenile-onset diabetes," but the National Center for Disease Control and Prevention and American Diabetes Association both report that type 2 ("adult-onset") diabetes is becoming more common among children and adolescents.

Data on the number of children diagnosed with the disease are not yet available.

Diabetes is a chronic illness and people who have it are at greater risk of heart disease and stroke, high blood pressure, blindness (from diabetic retinopathy), kidney failure, damage to the nervous system that can result in amputation of the feet and lower legs, and periodontal—or gum—disease. Such complications can develop 15 or 20 years after the diagnosis.

"Complications from the disease can be devastating for anyone, yet particularly so for children, who may begin to experience one or

more of the complications by the time they reach the age of 30," Sanders said. "The good news is that families can learn to manage the disease successfully and reduce risks from complications."

More information on managing diabetes is available from local K-State Research and Extension offices, on Extension's Web Site: [www.oznet.ksu.edu](http://www.oznet.ksu.edu), from the American Diabetes Association: [www.diabetes.org](http://www.diabetes.org) and Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov).

# Incest victim keeps quiet because of fear

DEARABBY: I am a 14-year-old girl. My brother molested me. It happened only once, but since then he has twice offered me money to help him with his "fixation." He had a girlfriend for a few years and they had sex all the time. After they broke up, his next relationship lasted for only a few months before she broke it off. That's when he turned to me.

I haven't told anyone because I'm ashamed of myself. I don't want people to find out—especially my friends. I'm afraid they'll think I'm gross or something. What should I do?

— 'TOY' IN INDIANA  
DEAR 'TOY': What happened wasn't your fault. You have done nothing to be ashamed of. The person who should be ashamed is your brother. His "fixation" is sick, and he should not be trying to make you a part of it.

It is important that you get help. Your friends do not have to know.

Tell your mother what happened. If she minimizes what your brother did, then pick up the phone and call your local rape hotline, or the Rape, Abuse, Incest National Network at 800-656-HOPE (4673).

The people there will understand the seriousness of what happened and will help you during this difficult time. Please don't wait. Trust me, you are not as alone as you think you are.

DEARABBY: What is the protocol for avoiding a co-worker's third wedding? Everyone in our office was invited to her second one, a large, catered affair. We all knew the marriage wouldn't last because she was marrying a jobless, irresponsible parasite.

She is again marrying for the wrong reasons. She admits she doesn't love her fiance, but he provides security and takes care of her two sons from her first marriage, both of whom have problems she can't handle.

I don't plan to attend, so am I obligated to send a gift? She's having another large wedding, she says, because they need money for the house they just bought.

— DISGUSTED IN DETROIT  
DEAR DISGUSTED: You are under no obligation to give your co-worker a gift if you do not attend her fund-raiser. Since you have to work with the woman, consider sending a lovely greeting card or token gift along with your good wishes.

DEARABBY: I am a 13-year-old girl. I baby-sit for a family with three children. I watch them twice a week from after school until the mother arrives home from work. Lately, the kids have been involved in sports and after-school activities, so some weeks I am not needed.

Yesterday when I arrived, there sat the mother. She had taken the day off from work and didn't notify



**Abigail Van Buren**

• Dear Abby

me. I'm afraid if I bring up the fact that I never know whether or not I should go to watch the kids, I'll lose my job. (Of course, when I don't baby-sit, I don't get paid.) I would appreciate any advice you have.

— GETTING FRUSTRATED  
DEAR GETTING FRUSTRATED: It's time to expand your client roster. It appears you are being taken for granted and taken advantage of. For the mother to expect you to reserve a bloc of time and then not pay for it is inconsiderate and unfair. I recommend you institute a 24-hour cancellation policy. If you allot time to baby-sit someone's children, you should be paid for that time unless properly notified. Experienced, responsible baby sitters aren't easy to find.

DEARABBY: I have a boyfriend I like a lot. The problem is my mother won't let me have him over even when they are here. I am very responsible and wouldn't do anything dumb with him. I'm 13, so it would only be to spend some quality time together.

Have you any ideas how to convince my mom?  
— TOTALLY CRUSHED

DEAR CRUSHED: Clip this letter and show it to your mom. She may think that you are too young to be interested in boys and believe that if she "just says no," your interest will lessen. Big mistake. Parents who are inflexible force their children to sneak around. They have forgotten that the safest environment is the one that's most closely supervised, and that is at home with an adult present.

DEARABBY: Please tell me if it is still appropriate to address a card to a young male child as "Master" and then the child's name? I have been doing it for years, but my husband says that the practice is outdated.

— UNSURE IN ELYRIA, OHIO  
DEAR UNSURE: Continue to do it if you wish. According to the 16th edition of Emily Post's "Etiquette" (Harper Collins, 1997): "Boys may be addressed as 'Master' on envelopes and formal correspondence until they are about 7 years old, and 'Mr.' when they become 18. In between, no title is used."

Editor's note: Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips.

Write Dear Abby at [www.DearAbby.com](http://www.DearAbby.com) or P.O. Box 69440, Los Angeles, Calif. 90069.

# University professors release set of unique encyclopedias

PHOENIX (AP)—Two Arizona State University professors have put together a two-volume set of encyclopedias designed to explore the impact of Desi Arnaz, Jennifer Lopez and other Latinos on American pop culture.

The Encyclopedia of Latina and Latino Popular Culture in the United States is designed to give readers a comprehensive look at the diversity among Latinos in the United States and examines pioneers in literature, art, music, religion, politics, sports and other areas. It is expected to be released in the fall.

Cordelia Candelaria and Peter Garcia, university professors and

co-editors on the project, focused attention on the three largest Latino populations in the United States—Mexican, Cuban and Puerto Rican.

The essays examine the popularity of the subjects and their lasting influence.

For example, Arnaz, the Cuban-born actor who played Ricky Ricardo on the TV show "I Love Lucy," helped introduce an innovative technique involving three cameras instead of one to make filming sitcoms easier. "Things like that give a fuller perspective and put some flesh where often we (Latinos) are a caricature," Garcia said. "I'm hoping it will encourage readers to delve deeper."

## Worship in the church of your choice this weekend.

**LANDMARK UNITED PENTECOSTAL CHURCH**, 815 West 3rd - 462-3667, Service times: Sunday, 10 a.m., 6:30 p.m.

## Schedule of church services

**ASCENSION-ON-THE-PRAIRIE EPISCOPAL**, Rev. Don Martin, College Drive & Wheatridge Rd., 462-3041, Holy Eucharist, 9:00 a.m. every Sunday. Evening Prayer, 5:15 p.m. Wednesday, September through May. Christian Education for Youth, 6:30 p.m. Wednesday, September through May

**COLLEGE DRIVE ASSEMBLY OF GOD**, Interim Pastor, Dean McCormick, 245 W. College Dr. - 462-8234, Sunday School 9:30 a.m., Morning Worship - 10:30 a.m.

**BEREAN CHURCH**, Rev. Francis Harwerth, 1000 S. Franklin - 460-3076; Sunday School 9:30 a.m., Sunday Worship 10:45 a.m., Sunday Evening Youth 6:00 p.m., Tim Morris, associate pastor; e-mail: [moris4him@st-tel.net](mailto:morris4him@st-tel.net). Awana Clubs, Wednesday, 7 p.m., Middle School, Wednesday, 7 p.m. @ the Colby Armory

**FIRST BAPTIST CHURCH**, Rev. David Hill, Grant & Webster Street, 462-2867, Morning Worship 10:30 a.m., Sunday School 9:15 a.m., Evening Worship 6:30 p.m., Wednesday Bible 7:30 p.m.

**COLLEGE VIEW BAPTIST CHURCH**, (SBC), 1185 Wheatridge Rd. at College Drive, 462-7144, Sunday Bible Study 9:30 a.m., Sunday Worship services, 10:45 a.m.

**MINGO BIBLE CHURCH**, 420 Main Mingo, 785-462-2992: An independent community church served by Village Missions Pastor Chris Shubert. Sunday School: 9:30AM - all ages. Sunday Services: 10:45AM. Sunday Nights: 1st Sunday of the month: potluck following morning service - no evening service; 2nd Sunday: services at 6:30 PM; 3rd Sunday: informal fellowship - bring a snack to share!; 4th and 5th Sunday: services at 6:30 p.m.

**SACRED HEART CATHOLIC**, 462-2179, Father Dana Clark, Pastor, Saturday Eve. Mass 5:30 p.m., Sunday Masses 8:00 & 10:00 a.m., Confessions will be heard Saturday 4:30-5:05 p.m. and from 7:30-7:45 p.m. and 9:25-9:40 p.m. on Sunday.

**FIRST PRESBYTERIAN CHURCH**, Rev. Carol Rahn, 515 W. 4th, 462-6342, Sunday School 9:15 a.m., Worship, 10:30 a.m. September through May; Worship 9:30 a.m. June through Labor Day.

**WESLEYAN CHURCH**, 320 W. Pine - 462-8391, Sunday School 9:30 a.m., Sunday Worship 10:40 a.m., Sunday Evening Cell groups at 6:00 p.m., Wednesday Youth Ministries, Kids Clubhouse 7 p.m.

**TEENS FOR CHRIST CONNECTION**, Everett Robert, 462-7404, Both middle school and high school program.

**CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS**, 1145 S. Franklin - 460-6605, President Dave Geldmacher, 846-7740; Elmer Schielke, 1st counselor, 462-9022 and Calvin Haverfield, 2nd counselor, 672-4165. Sacrament meeting 10 a.m., Sunday School and Primary 11:20 a.m., Priesthood, Relief Society, YM/YW, 12:10 p.m.; Family History Center open to public, 7-9 p.m. Thursdays, or by appointment. Call 462-3571.

**COLBY UNITED METHODIST CHURCH**, Rev. James Mardock, pastor, 950 S. Franklin, 462-6521, Sunday Worship Services at 8:30 and 11:00 a.m., 6:30 p.m., Fellowship coffee 9:30 a.m., Sunday School, 9:45 a.m., KXXX broadcasts 11:00 worship. <http://www.gbgm-umc.org/colby-umc/>

**REDEEMING LOVE CHURCH**, 345 N. Franklin, Bishop W.G. and Rev. Orvella Romine, Sunday service, 5 p.m.

**CHURCH OF CHRIST**, 510 E. 4th, Jay Kelley, minister, Sunday Bible Study 9:30 a.m., Sunday Worship 10:30 a.m., Sunday Eve. Worship 6:00 p.m., Wednesday, Bible Study 7:00 p.m.

**FIRST CHRISTIAN CHURCH**, (Disciples of Christ), 385 W. 3rd - 460-2718, Sunday School at 9:30 a.m. followed by Sunday Morning Worship at 10:45 a.m. E-mail: [fcocolby@st-tel.net](mailto:fcocolby@st-tel.net)

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