



IN LIFE & STYLE
FARM FRESH FARE
 Chef reaps what he sows for local market **1F**

INSIDE | Special section
 Health, vacations, exercise and what Boomers like to do **Living 50+**



IN VALLEY & STATE
 Drug Take-Back Day **1B**

IN SPORTS | 1D
Gazette Relays results



Doddridge County's Alexis Cayton

Sunday Gazette-Mail

THE STATE'S LARGEST NEWSPAPER

wvgazette.com

SLAMMED BY SUGAR



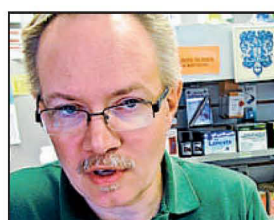
"This is a well-recognized epidemic that affects a quarter million West Virginians. . . . And there seems to be no end in sight."

EVAN JENKINS
 Director, W.Va. State Medical Association



"About 70 percent of my patient visits are about diabetes issues. . . . If I had 25 percent, I'd think it was normal."

ELAINE MOORE
 Parsons family practice physician



"The number of type 2 diabetics is growing beyond anything we can possibly affect if we don't get ahead of this problem."

ARNIE VAUGHN
 Beckley pharmacist, past president, W.Va. Diabetes Educators Association



"It used to be that you didn't see type 2 diabetes till after the age of 30. . . . I have taken care of a 250-pound 9-year-old [with type 2 diabetes]."

BARBARA WEANER
 Nurse practitioner, Elkins Dialysis Center



"Twenty-five to 40 percent of all patients we see now have diabetes. It's increasing rapidly."

VICKI CHASE
 R.N., coordinator, Diabetes Education, WVU Hospitals



"Type 2 diabetes is exploding right in front of us, yet people act like nothing unusual is going on. It's bizarre."

FRANK SCHWARTZ
 M.D., director, Diabetes Center, Ohio University

Epidemic 'exploding' in W.Va.

By Kate Long
 Staff writer

THINK ABOUT THIS: More than 200,000 West Virginians have contracted a disease that kills people. About 69,000 of them don't know they have it. It is spreading fast. Another 125,000 West Virginians already have symptoms, the federal Centers for Disease Control says. This disease causes heart attacks and leads to strokes, blindness, amputations, nerve damage, kidney failure and liver failure. It kills people early. It's starting to attack children.



THE SHAPE WE'RE IN

Obesity is driving this disease. In 2007, 2,459 West Virginians died from it and its complications, according to state records.

All this is true. "The lack of public concern is staggering," said Gina Wood, manager of the state's Diabetes Prevention and Control Program.

"There is absolutely reason to be alarmed," she said. "Our health-care system is not going to be able to handle all these folks."

If this was bird flu, killing 2,000 people a year, wouldn't state government blanket the airwaves with ads that tell people how they can prevent it and control it? Wouldn't they set up a website that tells citizens where they can get help? Wouldn't we plaster the state with billboards and posters in store windows, telling people how to prevent it?

One in six West Virginians is now diabetic, according to the 2011 Gallup Healthways poll. In 2010, the CDC estimated it

SEE EPIDEMIC, 8A

GLENDA & JILL vs. DIABETES: 'WE CAN BEAT THAT OLD SUGAR'



"I've taken care of other people all my life. . . . But now it's time to take care of me."

— Glenda Blake

KATE LONG | Sunday Gazette-Mail

For 14 years, Glenda Blake has cooked at Barbour County's Good Samaritan nursing home. "I figured I'd be diabetic because most everyone in my family is, but I've found I have some control over that." Last fall, she "lucked into" sessions with Jill Weingart, one of West Virginia's few health counselors.

By Kate Long
 Staff writer

BELINGTON — Glenda Blake grew up in Barbour County, an ornery little round-faced girl who loved to take care of the animals on her grandparents' farm.

Her grandmother, who taught her to cook, had diabetes. Her mom had diabetes. "Everyone in our family had sugar," she said. "It was just something

SPECIAL REPORT: Diabetes can kill you 1C

I always knew about."

She figured she'd get diabetes too. "People thought, if people in your family have sugar, you will too. We didn't know it could be prevented."

As a young woman, she cared for elderly Barbour County diabetics in their homes. For the past 14 years, she has cooked at The Good Samaritan nursing home in Belington. Half the res-

idents are diabetic. "She's the person you'd want cooking for your mother," says administrator Mark Nessman.

Now she's teetering on the edge of diabetes herself. Her blood sugar waltzes up to the brink. But she has found she can do something about it. She keeps waltzing it back.

Last November, feeling depressed and tired, not sure what was wrong, she

SEE GLEND, 8A

Secret Service now assigning chaperones

By Laurie Kellman and Alicia A. Caldwell
 The Associated Press

WASHINGTON — Embarrassed by a prostitution scandal, the Secret Service will assign chaperones on some trips to enforce new rules of conduct that make clear that

excessive drinking, entertaining foreigners in their hotel rooms and cavorting in disreputable establishments are no longer tolerated.

The stricter measures, issued by the Secret Service on Friday for agents and other employees, apply even when traveling personnel are off

duty. The policies, outlined in a memorandum obtained by The Associated Press, are the agency's latest attempt to respond to the scandal that surfaced as President Obama was headed to a Latin American summit in Cartagena, Colombia, earlier this month. The beleaguered Secret

Service director, Mark Sullivan, urged agents and other employees to "consider your conduct through the lens of the past several weeks."

Sullivan said the rules "cannot address every situation that our employees will

SEE CHAPERONES, 9A

VOLUNTEERS

Finding closure

Search-rescue team relieved at Goble discovery

By Lori Kersey
 Staff writer

Two years ago, when Sheila "Kathy" Goble first went missing, members of the West Virginia K-9 Search and Rescue team helped in the search.

They scoured about 60 acres in the area near the Crooked Creek exit of Interstate 64, where her silver 2004 Honda Pilot was found abandoned on the side of the highway.

With few clues to go on, they could find no trace of the 62-year-old woman.

So, last week, when police recovered Goble's remains in the backyard of a co-worker — now charged with her death — it meant closure for her family and friends, but also relief to the search team members who tried to find her.

"It is frustrating when we don't find anything, but I'm glad the family has closure now," Jeff Cunningham, the deputy chief operations officer for the search and rescue team, said of hearing the news of Goble's discovery.

SEE TEAM, 9A

WASHINGTON FUGITIVE

Bunker standoff ends in suicide

By Gene Johnson and Ted Warren
 The Associated Press

NORTH BEND, Wash. — After a 22-hour standoff, police blew the top off a rugged mountain bunker near Seattle on Saturday, only to find their target — a man believed to be a murder suspect who holed up there — dead of a self-inflicted gunshot wound inside.

Authorities had not positively identified the body as 41-year-old Peter Keller, who hadn't been seen since his wife and daughter were found shot to death last weekend, King County sheriff's Sgt. Katie Larson said.

SEE STANDOFF, 9A

INDEX | 2A



6 04519 00100 0

GLENDA

FROM PAGE 1A

trudged into the Belington Clinic, Barbour County's community health center. They told her that her blood glucose had spiked to prediabetic range, between 100 and 125.

"They told me they had a new health coach who could help me keep diabetes from happening." A half hour later, she was sitting in Jill Weingart's office, spilling out her story.

Her son had lost his job and moved in with her. Several nursing home residents were in crisis. "I worry about them all the time," she told Jill.

"You're always putting other people first, aren't you?" Jill asked gently. As soon as she said that, Glenda burst into tears. Jill handed her a box of Kleenex. "You're a caretaker," she said. As women, we're always putting everybody else first," she said. "It's time for you to think about Glenda too."

Glenda wiped her eyes. "Let's make sure you don't get diabetes," Jill said. "We can take it step by step."

Glenda looked at her, dabbing her eyes. "My services are free," Jill said. That's true at all community health centers. As the diabetes epidemic grows in West Virginia, many have started diabetes prevention services, sometimes classes, sometimes coaches. Glenda has no insurance. She makes \$350 every two weeks. If she were diabetic, she could get insulin free through the clinic if she needed it, but not the diabetic finger sticks and testing strips, which cost about \$45. "I can't afford to get diabetes," she said, as if talking to herself.

"To keep from getting diabetes, you'll need to lose 5 to 7 percent of your weight," Jill said. "That's going to be 20 pounds. You can do that. Maybe lose a pound or two a week. You don't need to do it tomorrow. It's not safe to lose fast."

For 45 minutes, they talked about what Glenda eats and



KATE LONG | Sunday Gazette-Mail photos

At the Belington Clinic, Jill Weingart gives Glenda Blake information about diabetes, advice and encouragement to keep plugging. Part of Weingart's advice: walk as often as possible.



"Jill gave me the My Plate diagram. I think about it when I set up my own plate," Glenda says. "Even though I'm a cook, I'm learning a lot from this." At Belington's Good Samaritan nursing home, she keeps a watchful eye out for residents who might need encouragement or a kind word, she says.

how her day goes and plotted ways she can make small, manageable changes.

Jill showed her the "My Plate" way to think about food. "That was the most helpful thing for me," Glenda said later. "It's a picture of a plate with four different sections on it. It shows you how to divide your food, to keep yourself from getting in trouble. One portion is your meat and one your rice or white stuff. Then the other two, you fill them with vegetables or fruits."

Jill said exercising would be important. Glenda said she could walk by the river.

Health counselors help people make a plan, then help them fig-

ure out what things might get in the way. They talked about ways Glenda could eat a healthier diet on her budget. Go light on potatoes, Jill said. "They metabolize into sugar." Try brown rice instead of instant white. "It takes a little longer to cook, but it's better for you, and you can eat more without problems." Then they walked down the hall to weigh her.

In the following month, Glenda kept checking in with Jill. She was writing down what she ate and drank. They talked about things that get in the way of her walking, teenagers racing up and down the road in cars, for instance. "It helped a lot,

knowing I'd be talking with her," Glenda said.

Five weeks later, she was standing on the scale, looking at a needle that said she'd lost 15 pounds.

That night at the nursing home, she was handing out hugs at one wheelchair after another. "You sweet thing," a white-haired woman hollered from her bed as she passed down the hall.

In the dining room, a man in a wheelchair banged his cup on a table. "You're ornery!" Glenda said, bending down to hug him. He turned pink.

With a bounce in her step, she went into the kitchen to puree

Avoid diabetes, step by step

Tips from nurse Jill Weingart of Barbour County's Belington Clinic

1. It's OK to take care of you. You can take better care of others if you do.
2. Watch your drinks. Soda and "energy" drinks are usually loaded with sugar and calories.
3. Be a mindful eater. Don't eat while cooking, watching TV or working on the computer. Make healthy snacks in advance. Eat slowly, so you will eat less.
4. List things that stand in the way. Deal with one at a time.
5. Set small goals and celebrate when you reach them — with something other than food.
6. Limit TV/computer/video game time to less than 2 hours each day.
7. Build up physical activity slowly. Begin with 10 to 15 minutes a day, then move up to 30 minutes. Walking is free.
8. If you fall off the wagon, just get back on.

the vegetable soup and fix the salad. "I lost 15 pounds," she told a friend. "I'm going to beat diabetes!"

She bought an exercise bike, she said. This summer, she might get a real one.

By the end of March, Glenda had lost 25 pounds. "And more to come," she said. Her blood sugar is mostly below 100, she said. "It spiked up high a couple of times, but I knew what to do."

She had connected with Jill Weingart by luck. More than half of West Virginia's quarter-million diabetics have never had a chance to work with somebody who teaches them how to manage their diabetes, according to a Centers for Disease Control survey.

Many, like Glenda, don't realize they can prevent diabetes. Many have little idea where to look to find help.

People can find diabetes classes or counselors at most community health centers, a few public health departments, most hospitals, some private clinics. Some are free. Some are not. Nobody keeps a statewide list of diabetes prevention/control programs. People like Glenda may have a hard time finding them. Or they may get lucky like she did.

"I help people figure out how to eat healthy even if they don't have a lot of money," Jill said. "We talk about practical things, where you can get the best deals, how to get a ride to the grocery. Whatever stands in their way. I teach them how to evaluate their food, how to count carbs."

The Belington Clinic offers Weingart's services free because the community health center is federally funded.

"It's a no-brainer for us," said Debbie Schoonover, clinic administrator. Diabetes, at the end of life, can cost more than \$100,000 a year, if the person is on dialysis, she said. "It costs a lot less to keep Glenda from getting diabetes than it would cost for her to have it the rest of her life."

"I thought I knew all about diabetes before I went to Jill," Glenda said. "After all, I'm a cook. My grandmother and mother had diabetes. But I've learned so much from her, I call her my lifesaver."

Her blood sugar still teeters back and forth between normal and prediabetic. "I don't know what's going to happen, but I know now there are things I can do, and that helps."

Reach Kate Long
at katelong@wvgazette.com
or 304-348-1798.