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January 2010



## A RESOLUTION: SEE YOURSELF AS THE LORD SEES YOU

I want to wish everyone a Happy New Year.

2009 was a very depressing year for a lot of people who lost their jobs and watched their savings continue to dwindle away. Political decisions and new laws have left many of us feeling uncertain about what hardships and challenges we will be facing in the future and what the United States of America will look like in the years to come.

Certainly, personal decisions we make in our life will result in both immediate and long term ramifications that may or may not affect the goals we were trying to achieve. Some will be trying to solve the worldly plan for financial success and future security, as they gamble in new adventures, real estate, technology, the stock market, the lottery and other gambling opportunities. Some will try using the latest fad diets, weight loss programs, pills, and exercise programs, blended with exotic treatments and reconstructive manipulation of their tissues to enhance their outer beauty and feel more attractive. Others will try to gain power over others, as they try to manipulate

and suppress individuals and situations to fulfill and elevate the empty idolization of themselves.

Many will seek to find their inner self and dabble in various spiritual experiences, as they search for truth and knowledge about why they exist and how they can achieve true joy and happiness.

Everything I have mentioned has plagued mankind since the beginning of time. The idea of newness and a fresh start to begin again on achieving success, which have been so elusive, is so enticing that most people discard their failures and list new goals at the beginning of each new year.

I myself have attempted to start a new diet, get into better shape, read more, and take more time for family and numerous other goals that seldom have been successful. My failures can cause me to become frustrated with myself, because of my lack of self-discipline, but I have come to realize that on my own power, I am weak and easily veer off the road that leads to success. I have come to the true knowledge that "Jesus" is the one and only Son of God I have come to know, trust and

love. He is the only one that can give me strength to achieve the true goals that will glorify Him and not me. He is the only one that can bring true happiness and joy in my life. He helps me to see the inner beauty that exists within me and not to idolize the skin deep fleshly façade, that will continually wither away.

Christ wants us to be successful financially and keep ourselves healthy and fit, as he uses us to help the weak and needy. But, not to the point where it is about us and not about Him.

As we begin a new year and a new decade, seek out the good news and teachings that Jesus gave us, as we all seek to bring peace and prosperity to the people and nations of this earth. It can happen, but only if we pray for Christ to help us, and put Him first in our lives. That will be one New Year's resolution, that you will not regret.

Jesus gave a sermon on a mountainside about 2100 years ago that Matthew told us about. It is a great teaching that we should all live by. He said that:

God blesses those who are poor and

God blesses those who are poor and realize the need for Him, for the Kingdom of Heaven is theirs.

God blesses those who mourn, for they will be comforted.

God blesses those who are humble, for they will inherit the whole earth.

God blesses those who hunger and thirst for justice, for they will be satisfied.

God blesses those who are merciful, for they will be shown mercy.

God blesses those who hearts are pure, for they will see God.

God blesses those who work for peace, for they will be called the children of God.

God blesses those who are persecuted for doing right, for the Kingdom of Heaven is theirs.

May you be blessed and filled with joy and happiness.

*Dr. Harold*



# DISPELLING MYTHS ABOUT DIABETES



You are probably aware that our office checks some of your blood values at your annual visit. Two of those values are your Fasting Blood Sugar and, more recently, your Hemoglobin A1C. The Fasting Blood Sugar measures the amount of Glucose circulating in your bloodstream, while the Hemoglobin A1C gives a rough estimate of your blood glucose measurements over the past 2-3 months. A normal non-diabetic Hemoglobin A1C would be between 4-6.

After all the sweets and treats from the holidays, we thought we'd take a minute to dispel many common myths about Diabetes.

**Myth: Diabetes is not that serious of a disease.**

**Fact:** Diabetes causes more deaths a year than breast cancer and AIDS combined. Two out of three people with diabetes die from heart disease or stroke.

**Myth: Eating too much sugar causes diabetes.**

**Fact:** No, it does not. Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease; Type 2 diabetes is caused by genetics and lifestyle factors. Being overweight does increase your risk for developing Type 2 diabetes, and a diet high in calories, whether from sugar or from fat, can contribute to weight gain.

**Myth: People with diabetes should eat special diabetic foods.**

**Fact:** A healthy meal plan for people with diabetes is generally the same as a healthy diet for anyone – low in fat (especially saturated and trans fat), moderate in salt and sugar, with meals based on whole grain foods, vegetables and fruit.

**Myth: If you have diabetes, you should only eat small amounts of starchy foods, such as bread, potatoes and pasta.**

**Fact:** Starchy foods are part of a healthy meal plan. What is important is the portion size. Whole grain breads, cereals, pasta, rice and starchy vegetables like potatoes, yams, peas and corn can be included in your meals and snacks. The key is portions.

**Myth: People with diabetes can't eat sweets or chocolate.**

**Fact:** If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more "off limits" to people with diabetes than they are to people without diabetes.

**Myth: People with diabetes are more likely to get colds and other illnesses.**

**Fact:** You are no more likely to get a cold or another illness if you have diabetes. However, people with diabetes are advised to get flu shots. This is because any illness can make diabetes more difficult to control, and people with diabetes who do get the flu are more likely than others to go on to develop serious complications.

**Myth: If you have Type 2 diabetes and your doctor says you need to start using Insulin, it means you're failing to take care of your diabetes properly.**

**Fact:** For most people, Type 2 diabetes is a progressive disease. When first diagnosed, many people with Type 2 diabetes can keep their blood glucose at a healthy level with oral medications. But over time, the body gradually produces less and less of its own insulin, and eventually oral medications may not be enough to keep blood glucose levels normal. Using insulin to get blood glucose levels to a healthy level is a good thing, not a bad one.

*If you have any other questions concerning Diabetes, or the blood tests we do, please call our office & ask for the nurses voicemail.*

Doc's grandchildren on Christmas Eve:

(left to right)

Ruthie, Carson, Cannon,

Axel, Bobby,

Ernie, and

Rae

