

YOUR DENTIST CAN SAVE YOUR LIFE

# It's past time for a serious talk about type 2 diabetes: Part II

By Dr. Gabrielle Cannick

This is the second part of an important discussion of type 2 diabetes, a chronic and debilitating disease that more and more is effecting our children.

Parents take note...

Researchers with the Centers for Disease Control and Prevention have predicted that one in three children born in the US will likely develop type 2 diabetes sometime in their lifetime.

The most common symptoms of type 2 diabetes are:

- ♦ **Increased thirst and frequent urination.**
- ♦ **Fatigue.** Is your child excessively tired and lethargic?
- ♦ **Slow-healing sores or frequent infections.** Type 2 diabetes affects a child's ability to heal and resist infections.

In children type 2 can develop gradually over time. And perhaps most troubling, about 40 percent of children who have type 2 diabetes show no signs or symptoms. The disease is most often dis-



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covered during routine physical exams.

Not that long ago, type 2 diabetes was rare in anyone under 30. Now childhood type 2 diabetes is called an "epidemic". South Carolina is one of the states

with the highest rates, with Hispanics and African-Americans at higher risk.

What's going on? The factors driving this disease in children appear to be obesity and lack of physical activity. The good news is a simple change in your child's diet and an emphasis on being more active to help control weight can be accomplished rather easily. But it does require...well, *parenting*. I include myself when I say — we need to be involved and provide lifestyle guidance. Here's a checklist experts recommend:

- ♦ Eat fruits and vegetables daily. Tip: select a variety of colors to prevent bore-

dom.

- ♦ Stop snacking on sugar.
- ♦ Eat good carbohydrates not the refined ones like baked goods, white breads, pastas, snack foods, candies and non-diet soft drinks. Best choices include potatoes, beans, carrots, grapefruit, apples, strawberries, tomatoes.
- ♦ Reduce those calories! This alone can have a sudden, big impact.
- ♦ Lose weight, if needed.
- ♦ Be more active. Minimum 30 minutes of exercise a day five days a week.

Certainly not hard for a youngster. Get them off the couch and away from video games, mom and dad! Better yet make it a family affair; look for active things to do together. The same lifestyle choices that can help prevent type 2 diabetes in children can do the same for adults.

Moreover, these lifestyle modifications can be beneficial for your family's oral health as well. Why not start today? And know that what you are doing is very

important. Diabetes sufferers require a lifetime of medication coupled with the threat of long-term serious health issues. Call us with questions. Think of us as your hometown resource for guidance and support.

*Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine. For more information about Grand Oaks Dental and the services provided, please call 864-224-0809, or click to [grandoaksdental.com](http://grandoaksdental.com) or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.*



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