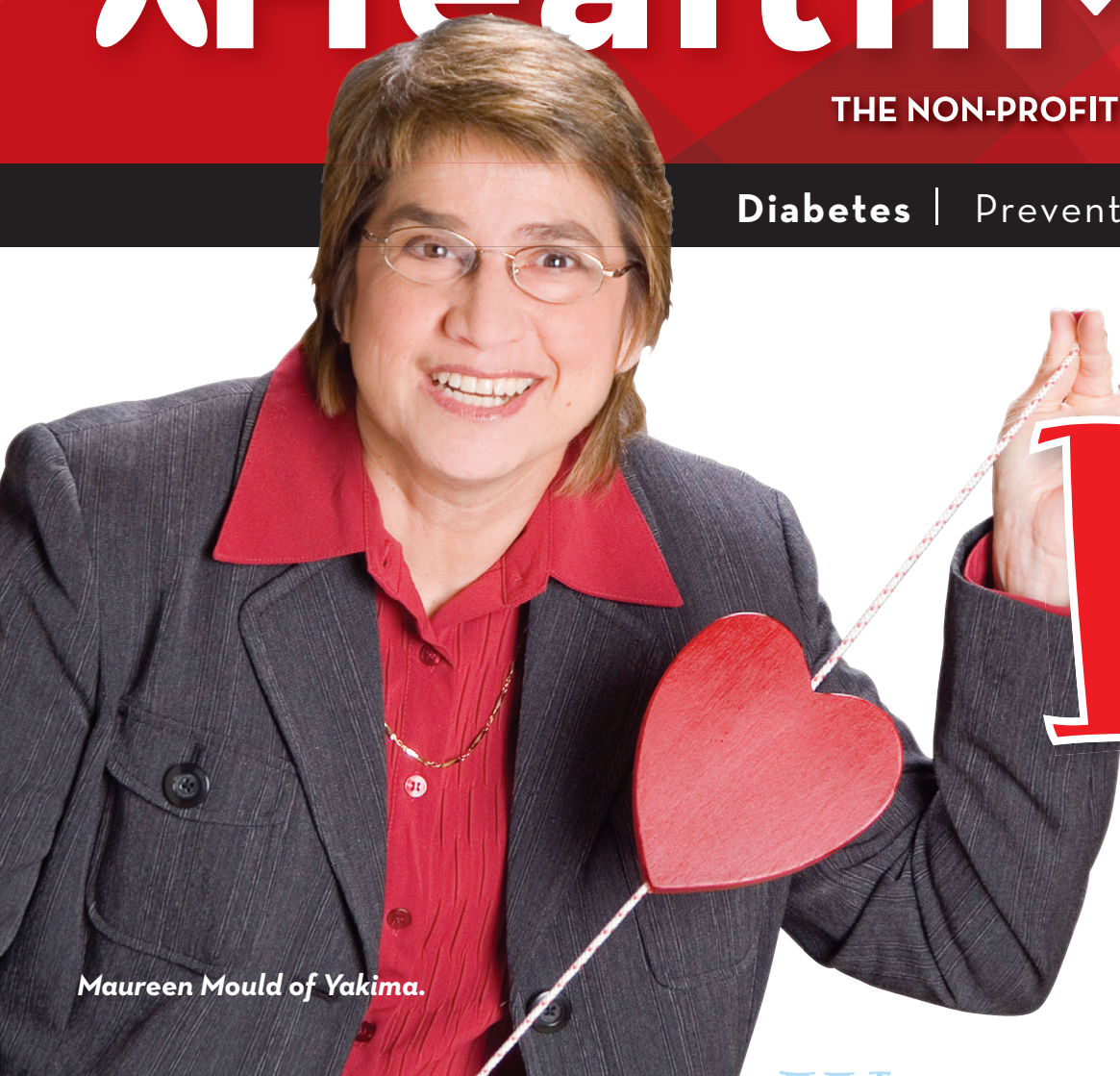


# MEMORIAL HealthMatters

THE NON-PROFIT HOSPITAL AT THE HEART OF OUR COMMUNITY

Diabetes | Prevention & Control



Maureen Mould of Yakima.

## Laugh for the Health of It!

### ARE YOU AT RISK?

Type 1 diabetes accounts for approximately 5-10 percent of all diagnosed cases. It is usually diagnosed in children and young adults. The pancreas of a Type 1 diabetic has lost the ability to produce the hormone insulin, which is necessary for the body to be able to use sugar, the basic fuel for our body's cells.

Type 2 diabetes is the most common form of the disease, with 90-95 percent of all diagnosed cases. It is associated with age, obesity, family history of diabetes, physical inactivity and race/ethnicity. Type 2 diabetes begins with insulin resistance where either the body does not produce enough insulin or the cells ignore the insulin.

**23.6 MILLION**  
adults & children in the  
United States have diabetes  
(7% of the population)

**5.7 MILLION**  
of those adults & children  
unknowingly have the disease  
(1/3 of the diabetic population)

—American Diabetes Association

### DIABETES SCREENING

9:00 A.M.-2:00 P.M.  
at Memorial's Community  
Education Center  
2506 West Nob Hill Blvd  
(Nob Hill Plaza • Yakima)

Only  
**\$5**



# STOP

**DON'T IGNORE THE  
SIGNS OF DIABETES.**  
Learn more about your risk.

Visit [memorial.org/myhealth](http://memorial.org/myhealth)  
to download a free health  
risk assessment.

“What’s so funny about diabetes?” asked speaker Maureen Mould of Yakima at Memorial’s Diabetes Expo in June.

“Most people will say, ‘Absolutely nothing,’” she confides. “But it’s all about how you look at the disease.”

Diagnosed at age five, Type I, insulin-dependent diabetes handed her trials no one would call humorous. At her daughter’s birth, blood vessels in her eyes burst, detaching both retinas and leaving her legally blind.

“This is my fifty-second year living with diabetes,” she reports. “It’s been a long haul, but it hasn’t really stopped me from doing things. My theory is if you

test blood sugar often enough, combined with diet, medication and exercise, it frees you up to do whatever you wish.”

She proved her point 25 years ago, bicycling cross-country with her husband and young daughter to raise money for blood testing machines offering young diabetics greater freedom.

When her marriage ended in divorce, she recalls, “I had to find a way to get out of my funk.” That’s when she enrolled in clown school with her guide dog.

A year after graduating, her dog died of cancer, another setback

soon offset by a chance for experimental cataract surgery and what she calls one of her miracles.

“I gained six hundred feet of vision in one eye,” she remembers. Even though she now has one prosthetic eye and sees only “in pieces” with the other, she adds, “My clowning really took off.”

An educator with a master’s in therapeutic recreation, she has been able to clown around the world, give motivational

speeches at schools, women’s retreats, educational conferences and more.

Always willing to take risks, Maureen, tried an insulin pump 11 years ago to control blood

sugar. “When I received my first pump, Memorial’s diabetes support group helped answer my questions as a ‘new pumper,’” she relates. “The last time I upgraded it, I received individual training at Memorial for the technological advances.”

She believes laughter has healing power, but there’s a serious side to her humor.

“I’m sharing what I’ve learned about humor and laughter in my own life with people who live with diabetes,” she says. “I tell them to ‘Laugh for the health of it’ and realize the incredible healing effects of laughter on the body, mind and spirit.” ■

“The services at the Center for Diabetes Prevention and Control at Memorial fulfill most any need for people learning to live and cope with diabetes.”

—Maureen Mould of Yakima

MEMORIAL

Center for Diabetes  
Prevention and Control

#### Sure Start Diabetes Class

Tuesdays, 9:00 a.m.-Noon and 1-4:00 p.m.  
Everything to get started on managing your diabetes

#### Take Charge

One-day class held from 9 a.m. to 5 p.m.  
Comprehensive Education Course.  
(Completion of Sure Start Class is required)  
August 7 • September 12 • October 9  
November 13 • December 11

Diabetes Support Groups FREE Day & Evening Meetings.

Recognized by the  
American Diabetes Association  
for excellence in education!

Registration  
is required—  
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