"El Respeto al Derecho Ajeno es la Paz"

Lic Benito Juarez Lubbock/West Texas Region

VOL. XXXIII No. 21

Immigrant rights group slam Obama, Democrats for slow action with legalization bill



groups excoriated President cusing them of moving too of undocumented immigrants deportations in 2009.

Our members feel betrayed, of United Latin American in our wildest dreams that President Obama would ha

The critique, among the erstwhile supporters, comes as the president is struggling to migration laws and with time running out for legislative ac

to bring tens of thousands of demonstrators to Washington punish Democrats at the polls in November if an immigration

White House officials said the president will be meeting soon with Sens. Charles E. Schumer (D-N.Y.) and Lindsey O. Graham (R-S.C.) to discus the bipartisan immigration bill to fixing our broken immigraing," said Nicholas Shapiro, a White House spokesman

Washington and lobbyists said privately that the effort amounts to political damage

"We just don't see how this can happen in 2010. The best we can do is to get an outline [of a bill] out and have a couple of hearings," said one lobby-ist, speaking on the condition of anonymity because of the ongoing talks. "This is a way for everyone to say, 'We are doing something, and we are committed to getting some-

That may not be enough, said Ali Noorani, executive director

ing to be acceptable," he said.
"The necessity here is a bipar-

will be the marker that immigrant voters and others will use in November 2010 and

In February, the cacy group America's Voice reported that Hispanic voters could prove decisive this fall in 40 gubernato

rial. Senate and House races. The list includes eight Senate seats, including the one held by Majority Leader Harry M. Reid (D-Nev.), as well as those in California and New

The tough line at Monday's news conference taken by the tend to work directly with nities -- stands in contrast to national immigrant organiza-tions lobbying the White Hou and Congress. Those groups have refrained from criticizing

The outcry, however, reflects the growing disillusionment on the ground in Latino and immigrant communities

"People are suffering. Millions and millions of people school, live in fear," said Dae Joong Yoon, the executive di rector of the Korean Resource Center in Los Angeles. "In members voted for change ing, waiting. But since then our president, our Congress members, have been in a deep can't take it anymore!

NAHP Awardeds El Editor's late publisher, Bidal Aguero



This past week in Albuquer-que the NAHP (National As-sociation of Hispanic Publica-tions) held it's 25th Convention

A major highlight of the



- Awards
 * Editorial Writing Awards
- * Design Awards * Photo & Car-toon Awards * Marketing
- were presented in 6 different

Editor of El Editor since 1977, most know for, "Commentarios de Bidal Aguero," was crowned with two awards within the "Outstanding/Editorial" cat-

Award, El Editor, Lubbock, Tx Comentarios de Bidal, Chamber vs. Obama AND Silver Award, El Editor, Lubbock, Tx Comentarios de Bidal: Mike Leach, Texas Tech. The award was presented to Bidal's wife Olga Aguero who attended the conference in Albuquerque. Immediately following the presentation, all those in attendance paused with a moment of silience to psy their respect to Bidal. Mr. Aguero was recognized as being one of the first associate founders of NAHP in the early 1981.

Texas Gov. Rick Perry orders activation of first phase of Texas spillover violence contingency plan

Victor Hernandez: Lubbock's Newest Comeback Kid Vows to work Amiably with City Council

to surprise them on issues. I'm open to discussion and willing to change if I can be convinced an issue is right for Lubbock. By the same token, I will try to convince others of the validity of my position. If neither side can be swayed, we can agree to move on amiably. "Victor's willingness to discusse yearly signals a what will be the hallmark of his new tenure.

will be the hallmark of his new tenure.

One member of the audience asked about codes enforcement.

Victor stated he sup-ports code enforcements and added that home ownership creates altly neighborhoods. He sports using Community evelopment Block Grants

the importance of Neighbor-hood Associations.
There were 11 active associations in District 1 during his tenure. There are only 3 today. "It will be a priority to get people involved through neighbor-hood associations. We can work together, there is strength in our combined voices," he said. He called for the codes enforcement department to inspect apartments and rental properties and certify that they meet minimum standards before a landlord may rent them to new tenants. Victor believes such oversight is fair since landlords make a profit



Another important issue was the ongoing effort to change the 100 year old City Charter. One proposal is to increase the size of the city council from 7 members to 9 or 11 members. Victor stated that he was open to discussion on this issue, but remained undecided as to its benefit. He was also asked about the makeup of the

and lemake representation.

He indicated that the makeup of the committee was a decision of the Cly Council and he would not second guess their motives. "You have to ask them," he said. His answer was a signal of the new and improved Victor Hernandez.

There are 14.377 registered votes in City Council District 1. El Editor upges alto get out and vote. The election is May 8,2010. Early vote beings. April 26 and ends May 4. For those who are not registered, whose who are not registered, whose who are not registered.

those who are not registered, the last day to register to vote in the City Council election is April 8, 2010. Let's GOTV.

Opiniones Comentaries

No Better Time Than Right Now To Fix Early Childhood Education

ready for school, they have been through a world of changes: learning to walk, talk, interact with others, ask questions and become selfaware. Research shows that quality early childhood educ tion programs help channel this natural inclination to learn into academic success for all children, from kindergarten to high school and beyond.

It's no surprise then that the National Council of La Raza, this county's largest Hispanic civil rights and advocacy organization, along with many educators, is focused on improving early education as a cornerstone iority for our children. When it comes to preparing for school, the best idea is to start early.

month by NCLR outlines unprecedented developments in U.S. policies and federal funding that can help states hood education programs. Its preliminary findings indicate states are lagging woefully behind in serving diverse stu dent populations, particularly Latinos and English language learners (ELLs). Most early learning standards for ELL students if our country is going to do a better job with diverse children and families

If there was ever a time to catch up, it's now. Last year marked a great investment in early childhood educamore than \$4 billion in federal

If approved by Congress, the Early Learning Chal-lenge Fund would provide another \$8 billion throughout the next eight years toward competitive grants for states to improve the quality of their birth-to-five programs. These improvements would affect Early Head Start, Head Start and preschool programs, programs in which Latino children are underrepresented or not well served.

Though Hispanic children e up nearly one-quarter of the child population in our country and are the fastest-Latino families have the least access to high-quality early childhood education NCLR's report highlights se eral states that are doing right by ELL children, including California, which has develand four-year-old ELLs.

This is a significant step forward. By acknowledging the needs of young ELLs, Cal-ifornia is setting a precedent for more effective teaching and high-quality programs.

Now it's time for the rest of

the country to step up. Constrengthen early learning pro-grams for Latino children in a number of ways, including by requiring states to support the development of better mea-sures to identify ELL students develop learning benchmarks for these students; require diverse professional staff; and ensure that ELL experts are included in the creation of academic standards

We cannot miss this important opportunity to transform quality early learning programs for our community ing in the earliest years of all of our children, where it can make a difference in closing the profound achievement nine months of age and persist throughout adulthood. The future of our classrooms, our states, our families, and, yes, even our country, depends on

No Muere Aún Proyecto De Ley The new phone books are here!

lled out sometime this week. CONSIDERING THAT THE

filled out sometime this week.

CONSIDERING THAT THE
form comes with a return envelope
that does not require me to add
postage, the whole affair should
cost me just a few minutes of time
— since all I get was the 10-question form that really gets at nothing
more than basic information about
the U.S population.

Some eight decades from now
when the information I provide
now does become public, all
people are going to learn about me
is that in the year 2010. I lived with
my brother in an apartment; that
we were both of Mexican-American ethnicity, and they will be able
to seem ytelphone number.

By then, that number will be
pointless. For all I know, some
technological development likely
will make the whole concept of
"land lines" and 10-digit phone
numbers will be considered downright quain.

institutes with the considered down in right quaint.

That is why I don't "get" the people who want to make this whole process into something minsidious, or some sort of grand conspiracy by the federal government to get into our beads.

Ningún Momento Mejor Que El Presente Para Mejorar La Educacion A Edad Temprana

La preparation a y más allá Por consiguiente, no es de extra-For consiguiente, no es de extra-farse que el NCLR (Consejo Nacional de la Ruza) — la reganización nacional más grando de apoyo y defensa de los derechos evides de los hispanos en los Estados Unidos— junto con muchos educadores, se enfoque en la mejora de la educación ferenpana de muestro mintos prome ésta constituye una promotaf fundamental. Oundo se trad de preparare para la escuela, lo mejor es comenzas tempora.

Si el Congreso aprueba el fondo Early Learning Challenge (ELCF), éste proporcionaría durante los próximos ocho años otros \$8 mil millones de

Obama's Busy Day - With **Hispanic Visitors And Issues**

With 100,000 immigrant advo-cates preparing to rally on Capital Mall Sunday, March 21, calling on Barack Obama to assert greater leadership in resolving the counleadership in resolving the coun-ury's immigration quandary, the President is moving to divert any-political shraped that could dert his relationship with the Hispanic community. On March 11 he spent the better part of the day holding with three disparate groups to deal with the matter and other tangen-tial Latino issues. In an eight-bour interval, he say

with the matter and other tangen-tial Latino issues. In an eight-hour interval, he sat down with:

"Representatives from 13 im-migrant advocacy groups.

"U.S. Senators Lindsey Graham (R-South Carolina) and Charles Schumer (D-New York), principals in shaping a new biparti-san immigration reform bill.

"Fourteen members of the Congressional Hispanic Caucus. Among the advocacy groups present at the 90-minute early-arternoon White House meeting were the Hispanic Federation, Na-tional Immigration Forum, United We Dream and National Council of La Raza. Executive director Deepak Bhargava of the Center for Community Change offered this summary.

Center for American Progress vice president Angela Kelley, who participated in the first meeting, summarized the day's events, saying Obama "showed he has not forgotten his promise to enact a law that will. .include a tough, fair and practical legalization program for workers and families."

Unless that actually occurs, of course all bets are off.

El Editor

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¿Que Pasa?

The Buddy Holly Center invites families of all ages to take part in our 1950's Spring Break Sock Hop!

Hey three all you he pact IT The Buddy Holly Center will be having a 1950's style Spring Family Sock Hop on Saturday, March 27, 2010 from 1950's style Spring Family Sock Hop on Saturday, March 27, 2010 from 1–2.39m. Crom derseed in your best 50's tyle frends, if, you have them; funct, come dressed as you are. Parents come with your kids and learn the contest dances and lang of this decade. One the a square or party proper, sign up today! Class limit of 25, preference is given to those who pre-eguite you Monday, March 2, 2010; families of all gase welcome. Due March 27th, 2010; Time 1 [ym = 2.30m; Cox: S) per pair or S 26 or an individual. Ages: Paralless of all ages are limited. For more information or to register please call Heléna Coben, Education Inten-vision 73: 83.74.

Programming at the Buddy Holly Center is made possible in part by the generous support of Supporters of the Fine Arts (SOFA), CH Foundation, Helen Jones Foundation and the City of Lubbook. For more information about these workshops or other events, please contact the staff at the Buddy Holly Center at 806.775.3560.

Annual Taste of Texas BBQ cook-off set for April 10
The sixth annual Taste of Texas BBQ cook-off is sland for 11:30 a.m. to 1 p.m. on April 10 at The Square in downtown Levelland. The event will feature live entertainment by the South Plains College Creative Arts Department as well as fun activities for the whole family. The cost is 57 for adults, 55 for students and fee of children under the age of two. The price includes the meal, one drink and one dessert with a ticket. Additional drinks and dessert

the meat, oee drank and one dessert with a tacket. Adouttonals dranks and dessert with be available for purchase.

The cook off is open to any local or visiting team of harbecoe enthusiasts that wish to enter. Registration will begin at 5 pm. April 9. Participating teams can begin setting up at that time.

A panel of celebrity judges will select the winner of the Traveling Trophy as well as two numers up. Proceeds from the event will benefit the SPC Stu-dent Government Association

formation, call 806-894-9079.

Civic Lubbock Accepting Local Grant Program Applications

Civic Lubbock, Accepting Local Grant Program Applications. Civic Lubbock, Ios. is owa scepting Local Grant Program applications for events to be scheduled in the Lubbock Memorial Civic Center, City Bank, Auditorians-Coliseum or Wells Fergo Amphthetastes for the 2010/2011 fiscal year (October 1, 2010 through September 30, 2011). Civic Lubbock, Inc. is a none-post organization whose missions is to foster and promote cultural, educational, and entertainment programs, is funded through the revenues generated from the operation of Concessions at the Civic Center, City Bank. Auditorium/Coliseum and Wells Furgo Amphthetatre as well as the Select-a-Sert television occurred.

Auditorium Coliseum and Wells Fargo Amphitheatre as well as the Selecta-Seat taketing operation.

The purpose of the program is to provide funds to assist programs and events in building strong participation in order to become self-sufficient on annual basis. Applying organizations may be a 30/10/3 organization (or government equivalent) and the proposed event should have a large or broad durated and/or educational impact and appel to all sectors of the community Local Grant Guidelines and Applications Forms can be obtained by call-ing the Cruix Center Administrative Office (775-2242) between the hours of 800 as. m. ad 500 p. m. Monday through Friday. The deadline for submitting completed applications is Thursday, April 1, 2010.

College preparation seminar Go For It! Slated for March 30

South Plans College Reese Center will present Go For It I a free senting providing one-stop planning for college, will be held from 6 to 8 p.m. March 30 (Duesday) at The Bridge of Lubbock, (formerly Posey Elementary School in the large gymnasium) 1301 Rothod (one block east of Martin Luther King Boulevard on 13th Street) in Lubbock.

recurs.

Representatives from South Plains College, LEARN, Inc., Catholic Family Service, WorkForce Solutions, Career and Child Care Services, Department of Assistive and Relabilitative Services, Dorothy Lomax Adult Education Center and other entities will be on hand. A panel discussion comprised of former and current students also will be presented. The students will share their own

onal information, contact First Step Counselor Lynn Gregory a

Lubbock Housing Authority 2 abd 3 Bedroom Public Housing **Waiting List Opening** March 15-19, 2010

Lubbock Housing Authority is opening the Public Housing Waiting List for 2 and 3 Bedroom Apartments and applications will be accepted beginning March 15, 2010 at 7:00 am at the Lubbock Housing Authority Central Office located at 1708 Crickets, Lubbock, Tx. Blank applications may be picked up at the same location.

Completed applications should be delivered to the receptionist at 1708 Crickets, Lubbock, Tx before 4:00 pm on March 19, 2010.

Applicants will be contacted by LHA staff to schedule an interview appointment for placement on the Waiting List after all applications have been received.

The Public Housing Waiting List for 2 and 3 Bedroom Apartments will close at 4:00 pm on March 19, 2010. Ap-plications will not be accepted after this time.

Gutierrez: Health bill's immigration parts enough to vote against

rez (D-III.) said Thursday. Gutierrez, a member of the Congressional Hispanic Caucus (CHC) in which the serves as chairman of its Immigration Task Force, said the caucus still has concerns over the extent to which the healthcare bill excludes illegal immigrants as well as legal residents from receiving benefits in the healthcare plan. "They are enough to say I cant support this bill." Gutierrez said during an appearance on MSNBC. Gutierrez and other members of the CHC to express

Acalorado el debate por la salud



In Attempt to Fuel Economy, Senate Backs \$18 Billion Jobs

An \$18 billion jobs bill is on its way to U.S. President Barack Obama's desk after the Senate passed the measure on a bipartisan vote. Eleven Republicans joined all but one Democrat to approve the measure 68-2. It was the second vote senators cast on the bill, which was tweaked in the House and needed to be re-passed in the Senate.

bipartisanship that has been non-existent in the cur-rent healthcare debate, The Washington Post reported. "The beau-ty of this bill it's simple

one of the measure's co-au-thors. "It's modest, but ... it's almost a legislative dream."

the bill uses accounting tricks to make the measure appear budget-neutral. At the center of the bill is a

new program that would give compa-nies a break from paying Social Secu-

rity taxes for the remainder of 2010 on new workers they hire who had been unemployed for at least 60 days. Businesses also would get a \$1,000 tax credit for

each of those workers who remains on the company's payroll for at least one year. In addition, the bill would extend for a year the law governing federal transpor-tation funding and would transfer \$20 billion into the highway trust fund. The bill would extend a tax break allowing companies to write off continent purchases. off equipment purchases, and would expand the Build America Bonds program, which helps state and local

Texas Tech Hosts Latino **Education Summit**

Texas Tech University will host the 2010 Latino Education Summit from 9 a.m. 2:30 p.m. Wednesday (March

The summit will take place at the Overton Conference Center (2322 Mac Davis Lane) and present information on research, policy and programs designed to promote Latino/a educational

Featuring panels and panelists from a spectrum of including school district superintendents, university and college presidents, and policy experts, the summit's guests

Hispanic Association of Colleges and Universities President and Chief Executive Officer Antonio Flores

Texas Higher Education Coordinating Board Commissioner of Higher Educa-

· Wayland Baptist Univer-sity President Paul Armes

Texas Tech University President Guy Bailey
South Plains College President Kelvin Sharp · Angelo State University

President Joseph Rallo · Lubbock Independent School District Superinten

dent Karen Garza · Frenship Independent School District Superinten

dent David Vroonland · Plainview Independent School District Superinten

dent Ron Miller

The Latino Education Sum mit is organized by the Texas Tech Office of Institutional Diversity, Equity and Community Engagement.

The summit is open to the public. Lunch is provided and attendance is free: however. register prior to the event. For more information, and to register, visit www.depts.ttu.edu diversity/latinosummit.php diversity/latinosummit.php> or call (806) 742-8681.

U.S. 2010 Census Begins, Forms Swarm Into Mailboxes

The 2010 Census forms began arriv-ing in 120 million mailboxes across the United States on Monday, signaling the beginning of population count.

"When you receive your 2010 Census, please fill it out and mail it back." Robert Groves, Director of U.S. Census Bureau, said in a press release

The current economic downturn has made the census more challenging. since "housing crisis has resulted in higher rates of vacant housing that must be visited to ensure a

body estimated that it will have to send census takers to an estimated 48 million households that do not respond by mail, even

Census 2010

though it has shortened the question list of the form to

In 2000, about 72 per cent of households re turned their forms. The census data is very impor tant because it serves as the basis for the distribution of congressional seats

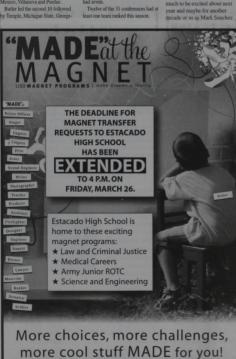
among states.

It also help determ how more than 400 bil-lion U.S. dollars in federal funds are distributed to tribal, state and local - including funding for schools, roads, healthcare and other critical programs, according to the bureau.

Kansas closes as unanimous No. 1 in AP poll

Joe Flores' Missed Contributions





ESTACADO DEADLINE - March 26, 2010

.ubbockISD

at ckthompson@lubbockisd.org.

or by calling 766-1134. Transfers are TUITION FREE! www.LubbockISD.org

Tiger to return to golf at the Masters

Movie Review: 'Our Family Wedding'



toned-down Mencia is surprisingly likable as Lucia's misguided dad but he and Forest Whitaker (lacking in the comic timing department) have little chemistry. Supporting actors fare better: Anjelah Johnson (aka MADTV's Bon Qui Onli delivers some

Anjenia Joinson (asa MADTV) Bon Qui Qui delivers some choice acidic lines as arcastic younger sis Izzy; and in one q u i r k yscene, Chappelle Show alum Charlie Murphy and Taye Diggs (making cameso) make a pretty compelling case for staying single. There are some sharp moments in the film (one fantasy sequence imagines what it would be like to pair the more extreme breed of relatives from each side with each other with hilairous and victious results); but moth of it falls flat or is illat-out grantitious: Did we re-

Ana Ortiz From "Ugly" To "True Blue"; Cross-Cultural Weddings

show she is in. Other pilot cast-ing coups include Oswaldo tillo being nabbed for NBC's untitled Adam Carolla comedy pilot. The pilot stars the come-dian as a divorced contractor rebuilding

a recipionic collaborator of Cartor of Cartor of Carolla, will play his roommate and
co-worker. Also in the works,
Carmen Ejopo has taken a role
in CBS drama pilot, Chaos.
THE COLORFUL
POLITICS OF 'I DO'... With
Quiero Mis Boda, MTV Tr3s
takes an inside look at crosscultural weddings and the hustle
and bustle surrounding them.
Producer Jorge Talon affirms,
"Weddings are a special event in
the life of a couple, a day where
not only two people join in
matrimony but also a day when

two families unite. Now imagis these two families being from completely different cultural backgrounds, tastes, traditions, religion and sometimes even different languages." Having premiered in on January 18 (10pm EST), Quiero Mi Boda shows what happens when you intermingle Mexicans with Cu-bans, Dominicans con Gringos or even Puerto Ricans with Chinese! The final two Monda episodes air March 15 and 22 (9pm, EST).

Ricky Martin podría ser el Che de "Evita"

El cantante puertorriqueño odrá formar parte de la nueva ersión del musical Evita que se nontará en Broadway El astro boricua Ricky Martin odría hacer el papel del Che en I reestreno del musical Evita, e Andrew Lloyd Webber, que e estrenará entre el 2011 y el 012 en el teatro Nederlander en troadway.

DI2 en el leatro Nederlander en roadway. El diario The New York Post io a conocer que el montaje erfé protagonizado por la actriz, gentina Elena Roger, quien ya uterpreté el rol de Eva Perón n la producción que se realizó en el teatro Adelphi en Londres, ajo la dirección de Michael irandane.



no tiene nada que ver con el Che

Let us know! EMAIL your events & pictures to:

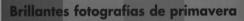
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Latino culture a key to childhood obesity

Michelle Obama's launch last month of the Let's Move campaign, aimed at slimming down the nation's obese children, is admirable in its architica.

ambition.

How can it fail with the creation of the first-ever task force on childhood obesity? Or establishing partner initiatives to provide healthier options in school cafeterias?

tives to provide healthier options in school cafeterias Or working to earmark federal money to build

Yet, if this campaign doesn't drill down to deal with the cultura

influence the lives of many Latino families (and from a quick review of the Let's Move website, it doesn't), then it's going to be an uphi battle in a community that is among the nation's most obese.

The Centers for Disease Control and Prevention found that in 2008, low-income, preschool Hispanic children had the second highest obesity rates (18.5%) in the nation, after American Indian Alaska Native preschoolers (21.2%). And the most recent National Health and Nutrition Examination Survey data, which cover 2003-06, found that for boys ages 12-19, the obesity rate was highest among adolescent Mexican among adolescent Mexican Mexican Survey (17.3%) vs. non-Hispanic white boys (17.3%) and black boys (18.5%).

The Latino community, in

view obesity as a physical flaw but rather an endearing characteristic. For many, feeding is equated with love. So the first lady's program needs to find ways to reach Hispanics and educate the community on the health risks that come with obesity.

For starters, Let's Move needs to be available in Spanish as well. An analysis of U.S.

Bureau i data by the Pew Hispanic Center found that i 52% of Hispanic children

children re second generation, which is ess likely than later generation atinos to be fluent in English.

Mone challenging is how to deal with the cultural differences. Here, Salud Americal deserves a role in any task force, Salud Americal is a network of more than 1,500 researchers, community leaders and policymakers working to create obesity prevention programs for Latino children. It funds pilot projects such as studying the impact of community gardens in Latino neighborhoods and examining how Latinos view body image. Each project adds to a fuller understanding of how best for community and the project and the subject and

The key to success for Let's Move is in combating obesity where it is most prevalent. To do that, the first lady's program will need to reach and teach Hispanics how to show a different kind of love — smaller portions and good long-term health for their

Minorities at Greater Risk for Kidney Disease

Certain ethnic minorities, including African Americans and Hispanics, are at a higher risk that the general population for developing potentially life-threatening chronic kidney disease (CKD), which has been linked to higher rates of diabetes and high blood pressure, according to the Na-

tional kathey Foundation (NRF).
During National Kidney Month
in March, Fresenius Medical Care
North America (FMCNA), the
world's largest integrated provider of products and services for
individuals undergoing dialysis
because of chronic kidney failure,
is encouraging people to pay
attention to their risk factors and
become educated about kidney

Chronic kidney disease is a progressive, usually permanent

nore than 26 million Americans, according to the NKF. When CKD leads to kidney failure, or and stage renal disease (ESRD), the only treatments are a kidney

African, Asian, Hispanic and Native Americans are at higher risk than the general population



cause they also tend to have gher rates of diabetes and high good pressure, the top two causes of kidney disease, according to the

Some facts (Source: National Institute of Diabetes and Digest and Kidney Diseases, NIDDK):

 African Americans are nearly four times more likely to develop kidney failure than white Americans.

> Native Americans have nearly three times the risk of kidney failure compared to white Americans.

Americans have nearly twice the risk of kidney failure compared to not Hispanic white Ameri-

"People with kidney disease may not have symptoms until the disease is at an advanced stage treatment with either dialysis or a kidney transplant," says Franklin W. Maddus, M.D., FACP, Senior Vice President and Chief Medical Information Officer at Presentis-Medical Care North America. "We encourage anyone with risk factors for kidney disease to educate themselves about chronic kidney disease and take steps to control the conditions that can lead to kidney failure."

Early detection and treatment can help prevent further kidney damage and slow the progression of kidney disease, according to the NIDDK's National kidney Disease Education Program. PMCN/recommends that people in these at-risk groups get regular screenings for high blood pressure and diabetes plus make changes to die and exercise to help reduce their risk of progressive kidney disease.

La diabetes juvenil y cómo vivir con ella

El diagnóstico de un caso de diabetes juvenil en la familia puede resultar abrumador. El día a día de una persona condiabetes i y las múltiples inyecciones de insultan que tiene que recibir son sólo el comienzo de una enfermedad que a largo

plazo puede presentar complicaciones. Cada año, más de 30,000 nuevos casos de diabetes tipo I, la forma más severa, son diagnosticados en Estados Unidos, de acuerdo con la Juvenii Diabetes Research Foundation. Y los números van en aumento.

En términos generales, la diabetes co prende varios desórdenes en los que el cuerpo presenta dificultad para regular glucosa o niveles de azúcar en la sangre Existen dos tipos principales de diaba

tes: la upo 1 y la upo 2.

La tipo 1, llamada diabetes juvenil
o dependiente de la insulina, "ocurre
cuando el sistema inmune del cuerpo
ataca y destruye ciertas células en el páncreas", explica la doctora Janine Sánchezendocrinóloga pediátrica y profesora

asistente en la Leonard M. Miller School of Medicine de la Universidad de Miami. Mientras que la obesidad ha sido identificada como uno de los factores de

incidencia en el desarrollo de la diabetes tipo 2, en el caso de la tipo 1 no tiene ninguna relación.

"En este tipo de diabetes la dieta y el alto consumo de dulces no tienen ninguna incidencia en su desarrollo", señala la es-

incidencia en su desarrollo", señala la especialista. "Tampoco se puede prevenir" agrega. Los científicos aún desconocen su causa, pero consideran que existe una

mezcla de factores autoinmunes, genéticos y ambientales que intervienen en s desarrollo.

No obstante, una vez los pacientes so diagnosticados con diabetes tipo 1 tiene

ance entre los alimentos que consumen, el ejercicio y las dosis de insulina que deben suministrarse. eacciones inpogneemens o inperguémicas; es decir, cuando el nivel de zzicar baja o sube de manera anormal, ilteraciones que pueden poner en riesgo a vida del paciente.

la vista del paciente.

Aunque un balance entre dieta,
ejercicio e insulina puede ser efectivo
en el manejo de la enfermedad, para
algunos pacientes no es suficiente. Los
científicos observan que factores como el
estrés, cambios hormonales y períodos de

aun mas dineil.

También es cierto que los parámetros
de la dieta de las personas con diabetes
tipo 1 han cambiado en los últimos años.

Antes, los niños con la enfermedad teníar
que sufrir mayores privaciones de sus

golosinas favoritas, en especial en las fiestas con amigos de su edad. "El límite del consumo de dulces en la dieta puede ayudar en el cuidado de la enfermedad, pero con la guía del haya un equilibrio con el suministro de una inyección extra de insulina *, cita la endocrinóloga.

ere además realizar varias pruebas de sangre al día, lo que implica constantes pinchazos, ya sea en los dedos o en otras áreas del cuerpo.

a través de las pruebas de sangre, la insulina se puede suministrar a través de inyecciones o con la llamada bomba de insulina, que se adhiere de manera extern al cuerpo y que, a través de un sistema de control, inyecta en la piel las dosis necessirias. Evrilica Súnhere.

La bomba de insulina suele colocarse a nivel del estómago y se recarga cada tres días. De acuerdo con la especialista, puede resultar muy acertada en el sumin istro de las dosis.

La diabetes tipo 1 es generalmente diagnosticada en niños, adolescentes y adultos jóvenes. Sin embargo, se puede desarrollar a cualquier edad.

