# Candle Light Vigil raises awareness for domestic violence victims

**Story and photo by Fumiyo Sato, CFAY Public Affairs**

Supporters of domestic abuse victims in the Commander Fleet Activities Yokosuka (CFAY) community gathered for the Domestic Violence Awareness Month Candle Light Vigil at the Chapel of Hope Oct. 26.

The first event, sponsored by Fleet and Family Support Center (FFSC), was held to raise awareness in the community and to help support victims of domestic violence.

The ceremony kicked off with music from the Gospel Choir. Participants received purple ribbon pins, which indicate a symbol of hope, a symbol to stop domestic violence and will be held annually.

"Domestic abuse can happen to anyone, male or female, yet, the problem is often overlooked, excused and denied," said Fleet and Family Support Center Family Advocacy Victim Advocate Robyn Wilson during the ceremony. "A lot of time, domestic abuse is usually sealed and a lot of people don't like to talk about it, but this is why I wanted the community to gather and to let them know that help is out there."

As reported in the United States, a woman is beaten every 15 second by a spouse or intimate partner. According to statistics, only 50 percent of victims report the abuse. However, domestic violence is not only about physical abuse.

"When we talk about the cycle of domestic abuse, usually the physical part is just reinforced; all the emotional abuse, all the economic control that people tend to do. They usually use physical abuse just to basically reinforce other domestic violence tactic that they use," Wilson said.

The skit, "Sick and Tired," was performed to educate the audience about what domestic violence is. In the skit, a Navy family suffers from an abusive husband/father, but the family afraid of reporting it. They are afraid that he will be discharged from the Navy; the mother is concerned about financial issues while the children are afraid of going back to the United States where they don't have any friends. They are tired of the situation, but don't know what to do. The skit ended with a scene where the mother decides to do something about it.

"A lot of people don't know that if someone [wants to] disclose domestic violence to someone at the Fleet and Family Support Center, there are two reporting options," Wilson pointed out.

According to Wilson, one option is unrestricted reporting, which everyone, including security and the abuser's command, become involved. The other one is restricted reporting, in which victims talk to Wilson and receive counseling services and other services at the hospital. Wilson explained that it doesn't mean that the command will become involved; however, restricted reporting is to inform the victims of their options.

**Participants light candles during the FFSC Domestic Violence Awareness Month Candle Light Vigil at the Chapel of Hope Oct. 26. The first annual event was held to raise awareness in the community and to help support victims of domestic violence.**

After the poem, "*I know why the caged bird sings*," was recited, participants lit candles, passing them to each other.

"If you think someone is being abused, it is up to the community to support and empower the silent, scared abused," Wilson said. "Word of mouth… that is the most important thing. It's a small community, everyone listens to one another, but when the word gets out that help is available, that is the biggest prevention we can do."

If you or someone you know is the victim of domestic violence, contact Fleet and Family Support Center Family Advocacy Victim Advocate Robyn Wilson at 243-7878 for more information.

# USNH Yokosuka promotes Diabetes Awareness Month with education

**By Lt. Leigh Bastable, USNH Yokosuka**

This month U.S. Naval Hospital (USNH) Yokosuka is promoting Diabetes Awareness Month to educate those diagnosed with diabetes, or those at risk for diabetes.

Around the world, diabetes continues to be a rapidly growing disease. According to the World Diabetes Foundation, in a generation, diabetes has had a six-fold increase. In 1985, there were an estimated 30 million people with diabetes. Today, it affects more than 230 million people, and nearly eight percent of the U.S. population. If action is not taken, it is expected that 350 million people will have diabetes by 2029.

In response to the diabetes pandemic around the world, USNH Yokosuka created a multidisciplinary approach to enhance services it provides to its diabetic patients. USNH Yokosuka provides patients with an existing diabetes diagnosis with individualized, one-on-one care to help control and manage the disease. Because these patients may have specific needs different from other patients, the staff at USNH Yokosuka will educate patients on diabetes management and self care, and will help to arrange other screenings of particular importance to diabetics such as immunizations, foot care, ophthalmology and nutrition. USNH Yokosuka encourages its diabetic beneficiaries to use Diabetes Awareness Month as a time to contact their primary care manager to make sure they are managing the disease properly to prevent serious complications in the future.

Diabetes is a chronic disease that occurs when the pancreas does not produce enough insulin, a hormone that regulates blood sugar, or when the body cannot effectively use the insulin it produces. High blood sugar is a common effect of uncontrolled diabetes and over time leads to serious damage to many organs in the body, especially nerves and blood vessels in the eyes, heart and kidneys.

There are two types of diabetes. Type 1, previously known as insulin-dependent or childhood-onset is an autoimmune condition and occurs when the body stops producing insulin. Daily administration of insulin is needed to treat this type of diabetes. Type 2, previously known as noninsulin-dependent or adult-onset diabetes, results from the body's ineffective use and resistance to insulin. Approximately 90 percent of people with diabetes around the world have Type 2 diabetes, and it is linked to excess body weight and an inactive lifestyle. It can be treated with oral medication but sometimes also requires additional insulin.

While there is not much that can be done to prevent Type 1 diabetes, the good news is that Type 2 diabetes is preventable in most cases. Eighty percent of Type 2 diabetes cases can be prevented by diet, increasing physical activity and improving the living environment.

To stop this disease from impacting even more lives, it is important to know the diabetes risks and warning signs. Risk factors for Type 2 diabetes include obesity, lack of exercise, family history of diabetes, unhealthy diet, high blood pressure, high cholesterol and ethnicity, as higher rates of diabetes have been reported in Hispanics and African Americans. Warning signs that you may have diabetes are frequent urination, excessive thirst, increased hunger, weight loss, tiredness, lack of concentration, tingling sensation in hands or feet, blurred vision and/or slow healing wounds.

If these warning signs or risk factors apply to you, please make an appointment to see your primary care manager for a diabetes screening. Those with diabetes or those interested in learning more about diabetes should visit the Internal Medicine Clinic for additional information.

More information on diabetes can be found at www.diabetes.org or www.worlddiabetesday.org.