

## Low receives national honor

**By Pam Bowles**  
of the Times Mirror

Marie Shrout Low has been selected as the recipient of a medal from the Eli Lilly and Company of Indianapolis, for living for 50 years with the administration of insulin as a part of her daily routine.

She also received a certificate and a medal for documenting insulin dependent diabetes for 50 years from the Joslin Diabetes Center of Boston Massachusetts.

Low was born in November 24, 1924 in Carlisle. She was a healthy baby until she reached nine months old. Suddenly, she became sick and experienced severe weight loss for which doctors could find no cause.

On her first day of school she passed out and went into diabetic coma. She had been sitting all day in the classroom and without exercise her blood sugar level dropped.

But even then, physicians did not diagnose Low as diabetic. Low spent her school years visiting doctors and trying to find out what was the matter.

It was not until she was 14 years old that she was diagnosed by Dr. W.B. Hopkins of Carlisle as having diabetes and he started her on insulin.

Low and her mother were given a manual by Dr. Elliott F. Joslin, of the Joslin Diabetes Center. They read and followed the information and thus became more knowledgeable about diabetes.

She entered college at the University of Kentucky and went to several doctors in Lexington to help her cope with her disease.

In the spring of 1945 her sugar level became very high and the level couldn't be decreased.

After the 1945 spring semester she went to Boston's New England Deaconess Hospital where she was also treated and also attended classes. She went back to Indiana, for living for 50 there several times and then years with the administration started going to Cincinnati to of insulin as a part of her daily routine.

Low married James C. Low on June 24, 1948 and had a daughter on May 2, 1958.

"My pregnancy went very well, the doctors said that I would probably have to stay in the hospital a lot, but I didn't," Low said.

Her daughter, Cheryl Lynn, was born after Low had an insulin reaction, but was a healthy baby until she reached nine months old.

She was hospitalized several times to regulate her insulin level, but since this problem has been fixed she has never been in a coma since taking the insulin.

Low's family was told she wouldn't live to be 30 years old, but she was able to prove the doctors wrong.

Low and her husband have been attending the Diabetic Support Group sponsored by the Nicholas County Hospital, which has been there for 10 years.

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Peggy Seithers is the coordinator of the group and is a full time "Woods District Health nurse for Nicholas, Scott, and Harrison Counties. Seithers said, "Low is a remarkable woman with diabetes.

"She has done what the doctors have told her when it comes to diet and exercise. "Her husband and family have always been very supportive of her illness and that is what it takes to stay healthy with diabetes," Seithers said.

The program has been very beneficial to many diabetics because they have the opportunity to discuss their problems with others with the same illness, Seithers said.

The support group helps the individuals with the same problems cope with insulin, eating, exercise and coping with the everyday problems of diabetes, Seithers said.

There has been research and some new ideas to help such as nasal insulin and a laser to put your finger into to check the blood sugar level.

Other support groups for diseases such as cancer are available if needed. People may call and a meeting will be set up, Seithers said.



Marie Shrout Low



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**Thursday, July 4**  
Live Entertainment 1 p.m. to 10 p.m.  
Pig Races - All Day Long  
Refreshments  
Car or Truck Giveaway Following Parade  
Chalk Art - 11 a.m. to 2 p.m.  
Face Painting - 11 a.m. to 6 p.m.

**Friday, Saturday & Sunday**  
**July 5, 6 & 7**  
**SIDEWALK SALES**

**Parade With Floats July 4th 5:00 P.M.**

**Antique Car Show July 7th 2 P.M.**

**July 4th**  
**FIREWORKS DISPLAY 9:30 P.M.**

**Saturday, July 6**  
Live Entertainment All Day Long  
Refreshments  
Samosas  
Street Dance Following Parade  
Chalk Art - All Day  
Face Painting - 11 a.m. to 6 p.m.  
Bowl Races - 1 p.m.

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**Parachute Jump 6 P.M.**

**July 5th**  
**5-K River Run 7:30 P.M.**

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