

14A DIABETES AWARENESS NEWSLETTER



EDITOR: ROBERT T. YOKL, 14A CHARITABLE FOUNDATION'S DIABETES AWARENESS CHAIRPERSON

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MISSION STATEMENT

More than 250,000 people have diabetes in our Lions District which makes it an epidemic. Therefore, it is the mission of the 14A Charitable Foundation to promote diabetes awareness, education and prevention within our District 14A. If you know of children and adults who are living with diabetes that we can help with supplies, equipment or support, please contact Robert T. Yokl at 610-489-2505 or email at bobpres@SVAHSolutions.com

MESSAGE FROM ROBERT. T. YOKL, DIABETES AWARENESS CHAIRPERSON

I hope you had a chance to read the September issue of the Lion's magazine since it featured articles on the diabetes epidemic. More importantly, Lions Club International (LCI) has adopted diabetes as its fifth focus (vision, hunger, the environment and pediatric cancer being the other four) for the next five to 10 years. As such LCI will build a global technical diabetes working group, fund pilot programs and develop step-by-step guides to easily walk Lions and Leos through the planning and delivery of diabetes projects. As your 14A Charitable Foundation Diabetes Awareness Chairperson, I will keep you informed as these LCI initiatives become a reality. LCI's and our 14A Foundation goal is to fight against diabetes by prevention, control and research.

P.S. I would be happy to make a presentation at your Club on Diabetes Awareness. Just give me a call or e-mail. *It could be a life saver!*

Please Consider an Annual Donation to 14A Charitable Foundation's Diabetes Awareness Fund to Help with Needed Supplies or Support for Our Diabetics Clients

DIABETES NEWS FOR SEPTEMBER 2017

- [New Tool Identifies Diabetes Patients At Low Blood Sugar Risk](#)

Scientists have developed a tool for identifying **diabetes** patients who are at the highest risk for being admitted to a hospital due to very low blood sugar ...

[READ MORE](#)

- [Pharmacies Can Play Key Role in Diabetes Prevention](#)

Early **diabetes** prevention is key to controlling the **diabetes** epidemic and there is a specific role a community pharmacist can play in reaching and ...

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YOU MIGHT HAVE DIABETES AND NOT EVEN KNOW IT

Nearly a quarter of the people in the United States with diabetes are undiagnosed. Are you or a loved one – one of them? This is because diabetes is hard to diagnose, since people with diabetes can have it for long period of time without experiencing symptoms.

That's why it's best to have an annual physical, to include a glucose tolerance test, to ensure your pancreas is working properly. At a later stage of diabetes symptoms may include feeling sweaty, jitters, a sense of doom, or light-headedness. Now its time to see a doctor. The good news is with the proper diet and exercise (30-minutes) a day you can control your diabetes, in many cases, without medication. But, first you must be diagnosed so you can take corrective action. So make diabetes testing a regular time for your good health.

Contact Us

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Chairperson

Diabetes Awareness

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If Your Lions Club Has a Client that Needs Diabetes Supplies, Equipment or Support That is Beyond the Scope or Logistics of Your Club, Please Call Us!

6 TIPS FOR HEALTHY LIVING WITH DIABETES

A [Dario Health](#) article by Susan B. Sloane caught my eye since it emphasizes the benefits of exercise for a diabetic and six things a diabetic should be aware of when exercising. Here are these six tips to keep in mind when exercising:

1. Always wear a medical ID indicating that you are a diabetic.
2. Test your blood sugars before exercise, since exercise will cause your blood sugars to drop during and up to 48 hours after exercise.
3. Drink water throughout your exercise period, since you are more prone to dehydration.
4. Always have access to a snack; being prepared will avoid any issues with low blood sugars should they occur.
5. Wear proper clothing that doesn't trap moisture against your body.
6. Get medical clearance before starting any exercise regime.

HOW MEDICARE HELPS SENIORS WITH DIABETES SCREENING, SUPPLIES & EQUIPMENT



If you are 65 or older and are living with diabetes or a condition called pre-diabetes, Medicare covers screening tests for you. And if you develop the disease, Medicare covers a wide variety of medication, home testing equipment, supplies and self-management training to help you cope with the disease. Screening tests are used to detect diabetes early. Conditions that may put you at risk for diabetes include: high blood pressure, obesity, impaired glucose, cholesterol and triglyceride levels. So don't forget that Medicare can be a partner with our Diabetes.