

# 14A DIABETES AWARENESS NEWSLETTER



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

Issue #4 - October 2017

## 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](mailto:bobpres@SVAHSolutions.com)

## MESSAGE FROM ROBERT T. YOKL, DIABETES AWARENESS CHAIRPERSON

### Diabetes Takes Center Stage in Lions Centennial Year

As I mentioned in my last month's message, diabetes is now Lions International new global service focus and a key addition to the Centennial Service Challenge. Our Clubs are asked to consider hosting awareness campaigns, screening programs, and helping expand treatment to stop this devastating disease. All clubs have one more year to serve in honor of the Lions Centennial. Lions International is asking each club to make a difference in their community by planning a diabetes project this fiscal year, and to be sure you report it on MyLC.

**P.S. I would be happy to make a Diabetes Awareness presentation at your club or discuss a club diabetes project. Just call or e-mail me to discuss. *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 Diabetes Clients*

---



## DIABETES NEWS FOR OCTOBER 2017

- [How Weight Loss Can Reverse Type 2 Diabetes](#)

People can reverse their **diabetes** by losing about 33 pounds, say the authors of the new paper, despite popular belief that the diagnosis is always a ...

- [Four Cups of Coffee a Day Could Protect Against Diabetes](#)

Type 2 **diabetes** occurs when the pancreas doesn't produce enough of the hormone insulin or the body's cells don't react to insulin. Insulin is ...



## USING ARTIFICIAL SWEETENERS COULD INCREASE RISK OF DIABETES IN JUST TWO WEEKS

Using artificial sweeteners in your coffee or diet drink could increase the risk of diabetes in just two weeks, new research suggests. Previous studies have linked high intake of sweeteners to a greater risk of diabetes, so this isn't a new discovery. The study, led by the Adelaide Medical School in Australia, involving 27 healthy people who were either given sweeteners – the equivalent of 1.5 litres of diet drink, or an inactive placebo. At the end of two weeks, tests were carried out that found the subjects who drank the diet drinks had high level of glucose, insulin and gut peptides, while the placebo people had no change in their blood chemistry. The study determined that even just using artificial sweeteners for two weeks makes a big difference in your diabetes risk. (Source: The Telegraph)

### Contact Us

**Robert T. Yokl**  
**Chairperson**  
**Diabetes Awareness**

District 14A Charitable Foundation  
Box 939, Skippack, PA 19474  
610-489-2505  
[bobpre@SVAHSolutions.com](mailto:bobpre@SVAHSolutions.com)



---

*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!*

---

## SICK DAYS CAN BE HARDER WHEN YOU HAVE DIABETES

For many, the occasional cold or flu is just about inevitable. No one likes getting sick but for those battling a disease like diabetes, they must be extra careful. For a person with diabetes, even a minor illness can lead to dangerously high blood sugar, and in severe cases, life-threatening complications, such as diabetic ketoacidosis or hyperosmolar state.

“When you are sick, your body reacts by releasing hormones to fight infection. But these hormones raise blood sugar levels and at the same time makes it difficult for insulin to lower blood sugar, “explained Donna Estep, RN CDE of the Northern Arapaho Diabetes Awareness Program. NADAP would like to remind those with diabetes or a family member with diabetes, to plan ahead this (Winter) season with the following tips:

1. Work with your doctor or diabetes educator to make a sick-day plan for you or your child who has diabetes.
2. Discuss your target blood sugar goal during an illness, how you should adjust your insulin dose and timing (if you take insulin), and when you need to contact your doctor for help. Also, make sure you know how often to check your blood sugar and your ketone levels.
3. Keep your plan in a convenient place, and include contact information in case you need to reach your doctor at night or on the weekends

For more information, you might also want to check out the American Diabetes Association [“Sick-Day Guidelines”](#). (Source: County 10)