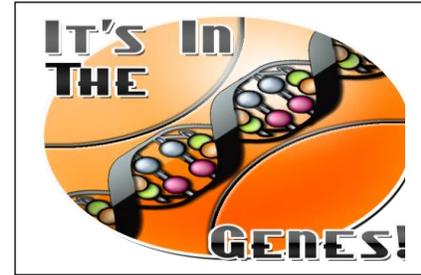


14A DIABETES AWARENESS NEWSLETTER



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

What Diabetes Awareness Project Should We Consider?

Now that our International Lions Diabetes Awareness (DA) initiative is in full swing, I'm getting more questions about "What Diabetes Awareness Project should my Club be planning and implementing this year?" My answer always is that your Club can donate to or, better yet, sponsor a camper at a children's diabetes camp this year. For example, our charitable foundation is sponsoring one child with the [Setebaid Services](#) diabetes camp this year. Or, you can check out [25 project ideas](#) at Lions International diabetes resources website. Either way, it's time to think and act on one DA project this year to get your feet wet.

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 this. *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 Projects.

DIABETES NEWS FOR FEBRUARY 2018

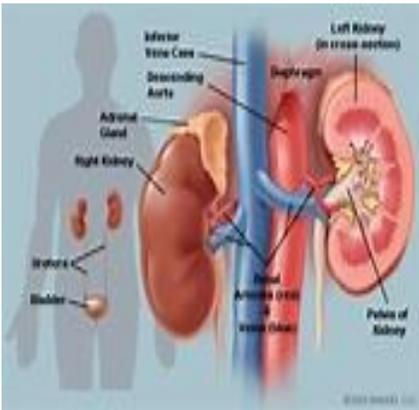
[Lack of Diabetes Awareness Puts Our Children at Health Risk](#)

Lack of **diabetes awareness** puts children at risk, say UAE doctors. Doctors in the UAE are calling for more awareness to be raised about type 1 diabetes in children.

[Mediterranean Diet Good for Diabetics Says International President](#)

This is important because it helps reduce chronic inflammation, stimulates our immune system, promotes health and helps in the treatment of disease such as inflammatory bowel disease."





KIDNEY DISEASE DIET TIPS FOR DIABETICS

It's not unusual for a diabetic to also have kidney disease, and individualized nutrition plans are an important component of the treatment and management of kidney disease. When your kidneys are not working at full capacity they have a hard time getting rid of extra nutrients, toxins and fluids that build up in your blood. Therefore, it is extremely important to limit your sodium intake, have your doctor monitor your potassium level, avoid sugars and sodas choose white meat chicken, fish, turkey, and lean beef. Lastly, when and if, your kidneys begin to fail, it's time to seek out a kidney specialist called a Nephrologist to help you with your diet, treatments and medications. (Source: Verywell.com)

Contact Us

Robert T. Yokl
Chairperson

Diabetes Awareness

District 14A Charitable Foundation
 Box 939, Skippack, PA 19474

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!

WHAT FRUIT CAN A DIABETIC SAFELY EAT?

You may have heard at some point that you cannot eat fruit if you have diabetes. Perhaps someone even told you that watermelon and bananas are off limits because they are too sweet. Neither of these is entirely true. You can enjoy fruit, you simply need to make smart decisions about which fruits and how much you eat.

Fruits have many health benefits and they can be beneficial to a diabetic diet if eaten in moderation. The key to eating fruit is to make sure you eat the right kinds in the appropriate portions. For instance, fruits contain fiber. Fiber can help prevent blood sugar spikes, pull cholesterol away from your heart, and help you feel full causing you to eat less. Fruit is also an excellent source of vitamins and minerals, such as potassium, which can help reduce your blood pressure.

On the flip side, fruit is a carbohydrate and it contains a natural sugar called fructose. Carbohydrates, whether from bread, milk, yogurt, potatoes or fruit, get broken down and turned into sugar and glucose. For this reason, it's recommended that people who have diabetes monitor how many carbohydrates they eat, including fruit servings. (Source: Verywell.com)



Adult Diabetes Support Group Now Available to the Public



One of our Doylestown Lions e-mailed me that Doylestown Hospital, 595 W. State Street, Doylestown, Pennsylvania, is now hosting a monthly adult diabetes support group at 7:00 p.m. They also offer a free diabetes screening test at <https://www.defeatdiabetes.org/diabetes-screening-test/>. For more information on this support group call: 215-345-2168