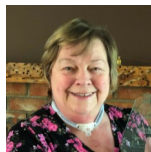




Let's End Diabetes



Next month is World Diabetes Month

With global statistics showing

- 1 in 11 adults with diabetes
- 1 in 2 adults with diabetes not diagnosed (232 million) and at a higher risk of developing complications
- Over 1.1 million children are living with type 1 diabetes
- 1 in 6 live births (20 million) are affected by diabetes during pregnancy (gestational diabetes)
- 87% of diabetes related deaths occur in low and middle income countries.

It's time for us to take a stand and help our communities become more aware of diabetes and help undiagnosed adults find their way to the Doctors. There are many ways, you and your club can help end diabetes. Here are a couple of starters for you to try to organize for November, or even all year!

- Organize a strides walk;
- Hold an information day; organize a weekly walking club;
- Sponsor a child to attend a diabetes camp or supply a camp with needed supplies.
- Invite a role model with diabetes or medical professional to speak at your next club meeting.

District Step Challenge



Were off to a great start! So far there are eleven clubs taking part this year. It's not too late to join in, some clubs will have big totals and then not big totals the next week, you have time to rally and catch up! Let's strive to surpass last years grand total of clubs and steps which was ten clubs with a final total of 69,318,307 steps! This year, there will also be a prize given to the loan Lion with the single most accumulated steps!

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Burn Baby Burn

Each month I will put an activity here with the approximate number of calories they burn. Before launching into any of these activities, be sure to consult your doctor.

** All calories are based on a 150 pound person. (A heavier person will burn more calories).*

I wonder if this would be similar to pickle ball!

Racquetball: Churning through about 300 calories in 30 minutes, racquetball gives you a fantastic cardiorespiratory workout, builds lower body strength and endurance, and with all that twisting and pivoting, develops great flexibility around the core (back & abs).

Did You Know



Diabetes is a disease in which your body either can't produce insulin or can't properly use the insulin it produces. Insulin is a hormone produced by your pancreas.

Insulin's role is to regulate the amount of glucose (sugar) in the blood. Blood sugar must be carefully regulated to ensure that the body functions properly. Too much blood sugar can cause damage to organs, blood vessels and nerves. Your body also needs insulin in order to use sugar for energy. Chances are diabetes affects you or someone you know.

When you eat, your blood glucose levels rise, and this leads a typical person's pancreas to release insulin, so that the sugar can be stored as energy for a later use. Without that pancreatic ability, as a person with either type 1 diabetes or advanced type 2 diabetes your blood sugar levels may rise dangerously high, or drop too low. While people with type 1 diabetes need to take insulin to survive, many people with type 2 are able to stave off insulin use or even avoid it altogether by losing weight, using prescription medications, adapting a healthier eating habit and exercising.

Dr Frederick Banting of Ontario suspected that another substance formed in the pancreas which broke down the insulin. In 1921 Dr Banting and his assistant Dr Charles Best worked together and successfully isolated this from the pancreas. Which led to the discovery of insulin.

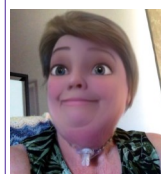
Excerpted from Diabetes Canada

Food to Give Up or Add

If you are thirsty, drink water. Drinking regular pop and fruit juice will raise your blood glucose. Being dehydrated can sap your energy and make you feel tired ~ even mild dehydration of as little as 1 or 2 percent of your body weight. If you are thirsty, you are already dehydrated ~ and this can lead to fatigue, muscle weakness, dizziness and other symptoms.



A Thought to Ponder



As the MD 19-I Diabetes Chair I feel that if I can bring awareness and education to the Lions of Multiple District 19-I, I will have accomplished something. This newsletter is a way of bringing different articles and information to you to keep you better informed of the affects of diabetes. Thanks for reading, if you have

any input or comments regarding the newsletter please direct them to me at gdalmaine@gmail.com

PDG Georgia Medwedrich

MD 19-I Diabetes Chair