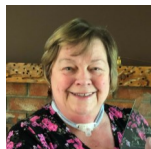




Let's End Diabetes



Diabetes and Your Heart

Since it's February and that means Valentines Day for most of you and if there were a February 29th a wedding anniversary for me, lets talk about hearts and Diabetes.

Diabetes and heart disease often go hand-in-hand. In fact, adults with diabetes are twice as likely to have a heart attack or stroke than those without it.

So, be aware, take control..

The most common form of heart disease is coronary artery disease, which develops over time as the arteries that supply blood to your heart fill with plaque. When plaque continues to build, the arteries narrow, this reduces the flow of oxygen-rich blood to the heart causing the heart muscle to weaken, increasing the risk of heart disease, heart attacks, strokes and even heart failure.

Recognize the Symptoms of Heart Disease...

If you have diabetes, you should be aware of the symptoms of heart disease such as: Chest pain, shortness of breath, fainting or near fainting, fluttering in your chest, fast heartbeat, slow heartbeat, dizziness, pain in one or both arms, numbness or weakness in your legs, extreme fatigue, nausea/vomiting and neck, jaw, throat, back or upper abdomen pain.

Three Ways to Decrease your Risk for Heart Disease...

1. **Work with your health care team**, together you'll manage your diabetes and risk of cardiovascular disease.
2. **Know your numbers**. Keep track of your blood sugar and blood pressure levels along with your weight.
3. **Live a healthy lifestyle**. Exercise regularly and make healthy food choices.

Taken from the American Diabetes Website

District Step Challenge

The month of January finished off with over 107 million steps in the challenge. It's not too late to join up, there are ten weeks left, get your club active, come on join in! Looking forward to see who will be stepping up to collect the Fitness Challenge Trophy in April!



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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).*

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 and abs). I suspect that the new upcoming Pickleball does the same thing!



Did You Know ~ Chocolate & Diabetes



There's a myth about chocolate and diabetes. But you can eat chocolate, just in moderation and NOT too often.

Try not to eat a lot in one go as it affects your blood sugar levels. If you snack on chocolate regularly it may start to increase your cholesterol levels and make it more difficult to manage your weight.

When you have diabetes it's important to make healthier food choices and be smart with snacks you choose. This means swapping things like chips, biscuits, ice cream and chocolate for yoghurts, unsalted nuts, seeds, fruits and vegetables. This will help to manage your diabetes and reduce your risk of long term complications.

If your personal health goal is healthier weight, it's important to we're eating high fat, high sugar limit our free sugar intake to 30g, This is especially important for higher risk of dental problems.

Taken from Diabetes UK website



towards achieving or maintaining a check in on how much and how often foods like chocolate. We should all equal to 7 cubes or 7 tsp of sugar. people living with diabetes, who are at

Food to Give Up or Add

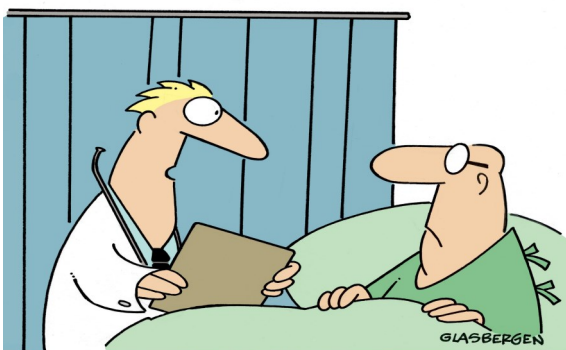
When out for lunch, I always order Yam Fries. And love eating boiled sweet potatoes instead of the old standby white potatoes. Why? Because sweet potatoes rank lower on the GI scale than white potatoes. This makes them a great alternative for people with diabetes, as they release sugar more slowly and do not raise blood sugar as much. Sweet potatoes are also a great source of: fiber, vitamin A, vitamin C and a source of lean protein and green



and potassium. For a balanced meal, add leafy vegetables or a salad.

A Thought to Ponder

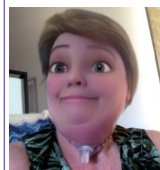
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"Age, cholesterol, hypertension, diabetes have all taken their toll on your heart, but the primary damage was done by an ex-girlfriend 60 years ago."



Lions Clubs International



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