



Let's End Diabetes

New Years Resolutions



For many people, the start of a new year marks an opportunity to reflect on their life, and think about where they would like to be in the future. And while New Year's resolutions may get a bad rap for encouraging unrealistic goals or placing pressure on us, they can also be a great starting point to prioritize your health and wellness on your own terms. That may look like embracing totally attainable goals that don't focus so much on an overhaul of your current life, but more so make room for slowly adapting new routines and habits that will make you feel great about yourself.

We took the first step last September by signing up to take part in the District Fitness Challenge where we are recording our steps and reporting them to your club Step Challenge Chair who sends them to me. Taking part in this challenge helps to control your diabetes (if you have diabetes) or help to prevent diabetes if you are Prediabetic. So I'm thanking you for stepping up for this fitness challenge.

Try this resolution if you are diabetic. Monitor your blood sugars, plan healthy meals, exercise, take your medications on time and get regular checkups. This year make this a way of life.

A new announcement for diabetes as we end 2023.

According to new clinical trial results from the University of British Columbia and Vancouver Coastal Health an innovative stem cell-based treatment for Type 1 diabetes can meaningfully regulate blood glucose levels and reduce dependence on daily insulin injections.

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Lions Clubs International



MD 19-L Step Challenge

If you are not recovering on your couch, how about sending your steps for the week of December 25-31st to your step coordinator. We are about to start week 18 of the challenge, over halfway through! We only have 14 clubs taking part with 146 members walking/running etc. To date there have been over **104,578,030** steps reported to me. Keep up the good work, looking forward to announcing the winner at the Spring Convention!



Diabetes 101 **Warning Signs and Symptoms**



“...some people with diabetes have symptoms so mild ...”

Know the warning signs and symptoms of diabetes and diabetes complications so you can take action to improve your health.

The following symptoms of diabetes are typical. However, some people with diabetes have symptoms so mild that they go unnoticed. (*as reported in the American Diabetes Assoc. Website*)

Common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry—even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss—even though you are eating more (Type 1)
- Tingling, pain, or numbness in the hands/feet (Type 2)

Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.

Did you know?

Despite popular belief, diabetes is not caused by eating too much sugar and people don't “give themselves” diabetes. Popular media often depicts disease and people with diabetes in an inaccurate and harmful light.

There are several different reasons why someone may develop diabetes. The cause of diabetes depends on your genes, family history, ethnic background and other factors such as environment and your health. It also depends on the type of diabetes you have.

There is no common cause that fits every type of diabetes. The reason why someone will develop type 1 diabetes is very different from the reasons why another person will develop type 2 diabetes.

Myths About Diabetes

Myth:

People who follow their treatment plan never have high blood glucose readings.

Fact:

A person with diabetes may experience highs even when diligently following their treatment plan.



Exercise

taken from American Diabetes Assoc. website

Regular exercise can help put you in control of your life.

If you're not into regular exercise, putting together an exercise plan can be a bummer.

But remember, along with your diet and medications, regular physical activity is an important part of managing diabetes or dealing with prediabetes. Because when you're active, your cells become more sensitive to insulin so it works more effectively to lower your blood glucose, also known as blood sugar.

Exercise just makes you feel better. So, however you want to do it—taking regular walks around the block, going for a run, or signing up for a marathon—getting started is the most important part.

It doesn't matter where you are physically. If you've never set foot in a gym, that's okay—as long as you start doing something now. If you haven't been very active or are worried about your health, it's important to consult with your doctor and start slowly.

Light walking is a great place to start—and a great habit to incorporate into your life. Walk with a loved one, with your dog, or just by yourself while listening to an audio book. Set goals every day and meet them and you'll start feeling like you're back in control of your life.

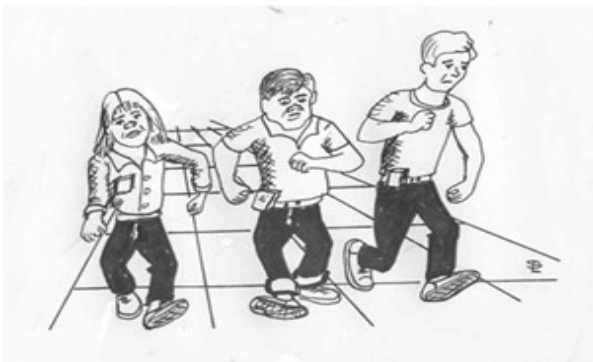
If you're still struggling with getting started or feeling overwhelmed by the idea of starting a more active life, take heart: every change, no matter how small, makes a difference in your ability to manage diabetes. Even losing 10-15 pounds can have a significant impact on your health. The power to change is firmly in your hands.

Convert your activities into steps

Aerobic Fitness Class 181 steps per minute

Cross Country Skiing 232 steps per minute

Downhill Skiing 174 steps per minute



Health Tip

taken from American Diabetes Assoc. website

Understanding diabetes and mental health.

Diabetes takes a toll on more than your body. It's normal to feel emotional strain—and it's important to ask for help.

With diabetes, you have a lot on your mind. Tracking your blood glucose (blood sugar) levels, dosing insulin, planning your meals, staying active—it's a lot to think about. It can leave you feeling run down, emotionally drained and completely overwhelmed. It's called diabetes burnout. And that's why it's important to stay in touch with your emotions as you manage your diabetes. What are you feeling? Stressed out? Angry? Scared? Take time to take inventory of your emotions and reach out to those around you to talk honestly and openly about how you feel.

Better yet, find a mental health care provider to guide you through the emotional terrain around your disease and discover ways to lighten your mental load. With diabetes, feeling physically good is half the battle. Feeling mentally good is the other half.

Almost half of people living with diabetes experience behavioral health challenges.

Healthy Eating

Take from the American Diabetes Assoc. website

Food Insecurity and Diabetes

A food desert is a term used for decades by researchers to describe areas of the country, often poor or remote, where healthy food choices are hard to find. Often there is just one, small grocery store, residents have limited transportation options and there is usually a high concentration of people with diabetes in these areas.

The lack of access to healthy food reflects a larger problem: food insecurity. Food insecurity is a lack of consistent access to enough food for an active, healthy life and it's an issue that touches people of all ages with all types of diabetes.

Whether it's the result of too many empty calories or not enough nutritious ones, research shows that food insecurity in all its forms is a major risk factor for type 2 diabetes.

For most experiencing food insecurity, the problem isn't that they're getting too few calories, it's that they're getting too many of the wrong kind. Usually, the cheapest and most readily available foods (fatty, fried takeout, high sodium prepared meals, candy and soft drinks) provide plenty of calories, but they contribute to or make it hard to properly manage chronic conditions such as high blood pressure, kidney disease and diabetes.

That's why researcher and food policy experts have begun moving away from the term food desert. Neighborhoods that lack supermarkets may still have a lot of places where residents can buy food—it's just not very good food.

Diabetes may be tied to food insecurity in other ways, too. For some people, diabetes may be the cause of their food insecurity, not just the result. For example, someone with complications from diabetes may have a harder time holding down a job. And people on limited budgets might have to make hard choices between meals and medication to manage their diabetes.

For adults and children who already have type 1 or type 2 diabetes, food insecurity can also increase the risk complications. If you start skipping meals, for example, it can disrupt your blood glucose levels and put you at higher risk of hypoglycemia, or low blood glucose. On the other side, those with diabetes who can afford only unhealthy fare may have more frequent high blood glucose levels, which can raise the risk of long-term complications.

Eliminating food insecurity would go a long way toward reducing the burden of diabetes. But researchers are quick to point out that food insecurity, like poverty, won't be an easy problem to fix.

A Thought To Ponder



"Don't mind Jack. He's just on one of his sugar highs!"

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From the Desk of the Diabetes Chair



As the BC Liaison for Diabetes Canada and Lions International, as well as District L's Diabetes Chair, I hope to bring awareness and education to the Lions of District L.

This newsletter is a way of bringing different articles of information to you to keep better informed regarding our fight to end Diabetes. Thanks for reading, if you have any input or comments regarding the newsletter please direct them to me at [gdmaine@gmail.com](mailto:gdamaine@gmail.com)
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"Stepping up to the plate", "Changing the World"