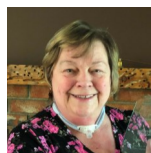




Let's End Diabetes



November is Diabetes Awareness Month

November is Diabetes Awareness Month in honour of Sir Frederick Banting who was born in November. It is a time every year to spread awareness about a very common chronic condition. World Diabetes Day became an official United Nations Day in 2006 with the passage of United Nation Resolution 61/225. It is marked every year on November 14, the birthday of Sir Frederick Banting, who co-discovered insulin along with Dr. Charles Best and Dr. JJR Macleod in 1922.

There are many ways you can help promote awareness, November 14th was created as World Diabetes Day in 1991 by the World Health Organization in response to growing concerns about the escalating health treat posed by diabetes. The aim of World Diabetes Day is to raise awareness of diabetes as a global public health issue and what needs to be done, collectively and individually, for better prevention, diagnosis and management of the condition.

The light blue circle is the global symbol for diabetes awareness and the logo of World Diabetes Day. Show your support for Diabetes, wear blue in November!



INSIDE THIS ISSUE:

Diabetes 101	2
Did you know?	2
Myths about Diabetes	2
Exercise	3
Health Tip	3
Healthy Eating	4
From the desk of...	4
A thought to ponder	4



MD 19-L Step Challenge



To date, we have thirteen clubs out of the 94 in District L participating in the MD 19L District Step Challenge. There have been a total of 46,521,038 steps reported as of the end of October. It is never to late to step into the challenge, if your club is already participating, step up and give your club coordinator your steps each week. If your club isn't participating, why NOT! Everyone, whether you have diabetes or not benefits from regular exercise. Regular physical activity improves your body's sensitivity to insulin and helps manage your blood sugar levels. Come on Step Up, what are you waiting for :)

PS: this challenge may go Multiple District wide next year! Talks with MD Diabetes Chair in progress.

Diabetes 101



“...too much blood sugar can cause damage to organs ...”

Taken from Diabetes Canada Website

The importance of insulin

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.

Eleven million Canadian are living with diabetes or prediabetes. Chances are, diabetes affects you or someone you know.

Type 1 diabetes is an autoimmune disease and is also known as insulin-dependent diabetes. People with type 1 diabetes aren't able to produce their own insulin, roughly 10 percent of people living with diabetes have type 1.

Type 2 diabetics can't properly use the insulin made by their bodies, or their bodies aren't able to produce enough insulin. Roughly 90 percent of people living with diabetes have type 2.



**Lions Clubs
International**

Did you know?

As we celebrate Diabetes Awareness in the month of November, remember, you can get your Tag Day kit from Diabetes Canada rep. Clubs raising over \$500.00 from Tag Day or through a club donation will earn an exclusive patch.

Contact Franca Lattanzio at Diabetes Canada for your Tag Day Kit. franca.lattanzio@diabetes.ca

Myths About Diabetes

Myth:

No one in my family has diabetes, so I won't get the disease.

Fact:

It's true that having a parent or sibling with diabetes increases your risk for getting diabetes. In fact, family history is a risk factor for both type 1 and type 2 diabetes. However, many people with diabetes have no close family members with diabetes.



Exercise

taken from Diabetes Canada website

How much is enough?

Your goal should be to complete at least 150 minutes of moderate to vigorous intensity aerobic exercise each week (e.g., 30 minute, 5 days a week).

If not already exercising, start slowly, with as little as 5—10 minutes of exercise per day, gradually building up to your goal. The good news, though, is that multiple, shorter exercise sessions of at least 10 minutes, adding up to 90-140 minutes per week, can have some benefits for people with diabetes.

As you begin and continue to build on your program, be sure that you have no more than 2 consecutive days without exercise. If you are able and when you are ready, try adding resistance exercises like lifting weights 2-3 times a week. When you add resistance exercise, it's always good to get some help from a qualified exercise specialist.

You may consider interval training to increase improvements in fitness levels for type 2 diabetes, and to lower the risk of hypoglycemia in type 1 diabetes. Speak with your healthcare provider or qualified exercise specialist if you plan to start interval training.

Convert your activities to steps! Here are three more conversions for you to dwell on, especially if you are in the step challenge!

Bowling = 87 steps per minute

Bicycling (moderate pace) = 170 steps per minute (easy pace) = 130 steps per minute

Gardening (light to heavy) = 116—174 steps per minute



Health Tip

There are many signs and symptoms that can indicate diabetes.

Signs and symptoms can include the following:

- Unusual thirst
- Frequent urination
- Weight change (gain or loss)
- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Tingling or numbness in the hands or feet

If you have any of these symptoms, it is important to contact your health-care provider right away. Even if you don't have symptoms, if you are 40 or older, you should still get checked. It is important to recognize that many people who have type 2 diabetes may display no symptoms.

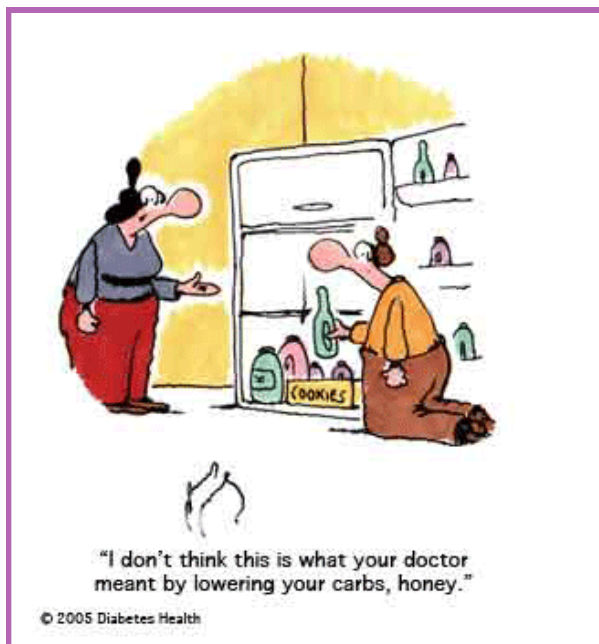
Healthy Eating

Diabetes occurs when your body cannot properly use and store food for energy. Your body's main source of energy is called glucose, a form of sugar that comes from foods that contain carbohydrates such as fruit, milk, some vegetables, grains, starchy foods and sugar. When your body cannot use glucose for energy, the glucose builds up in your blood leading to high blood sugar levels.

Depending on the type of diabetes; pills, insulin or other injectable medication may be needed to manage blood sugar.

Type of Diabetes	How it is Treated
Type 1 diabetes The pancreas does not produce insulin. Glucose builds up in your blood instead of being used for energy.	<ul style="list-style-type: none"> • Insulin injections • Healthy eating
Type 2 diabetes The pancreas does not produce enough insulin, or your body does not properly use the insulin it makes.	<ul style="list-style-type: none"> • Healthy eating • Physical activity • Pills and/or insulin or other injectable medication
Pre-diabetes Blood glucose levels that are higher than normal, but not high enough to be diagnosed as type 2 diabetes.	<ul style="list-style-type: none"> • Healthy eating • Physical activity
Gestational diabetes High blood sugar that happens during pregnancy.	<ul style="list-style-type: none"> • Healthy eating • Insulin or pills may be used

A Thought To Ponder



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)

PDG Georgia Medwedrich

"Stepping up to the plate", "Changing the World"