



Let's End Diabetes



My awareness that I had diabetes started in 2016 when I was first diagnosed with pre-diabetes. My A1C was at 6.0 and I was in denial. Over the next few years my A1c slowly started to creep up. Fast forward to 2021 when I developed Long Covid. I was very unwell with no energy to do anything. I started to gain weight and my A1C continued to climb. In December 2022 I was still suffering from Long Covid, my weight crept up to 230 lbs and my A1c was now 7.2. I was placed on Jardiance as well continuing to take Metformin. I had high blood pressure, high cholesterol, I was still gaining weight. I was experiencing chest pains, and shortness of breath. Out of concern for my health, I started to see a wonderful nutritionist and she helped me start to turn my life around. I started to eat healthier foods and more importantly, I strictly adhered to portion control. As a result, my weight started to go down.

In January 2023, my wife read on line about a 12-week program called LifestyleRx that helped to reverse type 2 diabetes. I immediately signed up and that was the smartest thing I have ever done for my health. This course is free of charge to anyone in BC if you have a provincial health care number. The first thing I had to do was complete a very thorough questionnaire concerning many facets of my life including sleep habits, mental well being, exercise, diet and so on. Next thing they did was order extensive blood tests for a variety of things related to diabetes. Once those results were sent to myself and my family G.P., I met with one of their Dr's. virtually from LifestylesRx. He spent quite a bit of time getting to know me, he reviewed my answers from the questionnaire I completed and he went over the results of the blood tests and he helped me understand what was happening within my body.

The next step was to start the 12-week Physician led course. This involved reading various course materials, watching short videos and answering some questions about my own experiences related to the videos I watched. A course administrator monitored my work and I was reminded if I did not read all the course material or watched the associated videos for that particular module. After completing the module, I was not allowed to move onto the next module until I attended the virtual session with the Doctor, a nutritionist and approximately 20-30 participants to discuss what we read and watched and to discuss challenges to achieving goals. The nutritionist was able to answer a lot of dietary questions or concerns. The workload was not heavy by any means. Course content required a commitment of ½ - 1 hour per week and the group sessions were only one hour in duration, once a week. This is not a difficult course. I was very fortunate that my wife was 100% supportive in helping me achieve my goals and I could not have done so without her love and support.

There are many success stories on line. I found all of the information very helpful and my time was not wasted. As a result of doing this 12-week program, I have lost 55 pounds, I no longer have diabetes – my last A1C was 5.9, I no longer have high blood pressure or high cholesterol. I have been able to keep the weight off for over 8 months now just by following this simple but life saving program. Without hesitation, I fully recommend this course to anyone regardless of their A1C, age, weight, or sex. It will be the best investment into your health that you can make.

For a full description of course content, I encourage everyone to check out their website at help@lifestylerex.io

INSIDE THIS ISSUE:	
GST Project	2
Congratulations Lions	2
Myths about Diabetes	2
Exercise	3
Health Tip	3
Healthy Eating	4
From the desk of...	4
A thought to ponder	4

Lion Steve Wright
Sooke Lions Club



Congratulations Lions

Congratulations to PZC Clara Chow who as District 19L Global Service Team Coordinator (Mainland) initiated the Lions Day: District 19L Diabetes Awareness "Walk 10K Steps A Day" event held on November 12th at the Aberdeen Centre which is the largest shopping mall in the City of Richmond. They had over 200 participants join the Start of the Walk which was led by District 19L District Governor, Elaine Luk, other Lions dignitaries and government officials.

They had two scheduled workshops on Diabetes hosted by a renowned family doctor who took the stage for a Q&A session. There was entertainment on the stage with the Lions and Leos followed by the Prize Presentation to the Walk Winners and a lucky draw toward the end of the Event.

Funds were raised as participating individuals and clubs donated CAD\$5 and CAD\$50 respectively. All proceeds were donated to Diabetes Canada to fund critical research to bring patients closer to a cure and offer support services and education resources to help people with diabetes live better. I only wished I could have been there alongside my fellow Lions to show my support for this wonderful event.

Special congratulations to the Individual Winners:

1st Grace Li, 2nd Douglas Dang and 3rd Peggy Dang

The top 3 Lions Clubs were:

1st Vancouver Pioneer Lions Club, 2nd Vancouver Pacific Lions Club and 3rd Vancouver Diamond Lions Club



Myths About Diabetes

Myth:

I will likely develop diabetes because I am overweight.

Fact:

It is true that excess weight increases your chance of having diabetes. Many people who are overweight or obese never develop diabetes. Your best bet is to take steps to lower your risk by using nutritional changes and physical activity to lose excess weight.



Exercise

taken from Diabetes Canada Website

Physical Activity and Diabetes

The lack of physical activity is one of the major risk factors for type 2 diabetes. Many people do not get enough physical activity to be healthy in today's society. Technology and modern living have removed many regular forms of physical activity from our daily lives.

Cars replace walking and biking; Elevators and escalators replace stairs; Dishwashers replace doing dishes by hand; Computers replace manual labour; Snow blowers and ride-on lawn mowers replace physical yard work; TV and computer games replace fun physical activities for both children and adults.

Because of modern living, it is important to think about being physically active each day. Adding more physical activity to your day is one of the MOST IMPORTANT things you can do to help manage diabetes and improve your health.

Convert your activities to steps

Vacuuming House 94 steps per minute

Swimming (leisure) 174 steps per minute

Skiing (light to moderate) 109 steps per minute

District Step Challenge

The month of November finished off with a total of **73,491,671** reported steps in the challenge. It's not too late to join up, get your club active, come on join in! Here's your chance to win the most awesome size 12 Golden Runner! Yes, this year the Golden Runner will be awarded again, instead of a glass trophy, I heard from people that were hoping to see it this year, so I listened and it will happen!



Health Tip

Seven Ways a Diabetic can stay Healthy

Make and eat healthy food daily.

Be active most days.

Test your blood sugar often.

Take medicines as prescribed, even if you feel good.

Learn ways to manage stress.

Cope with emotional side of Diabetes.

Go to checkups.



Healthy Eating

taken from Alberta Health Services

Eat more Fibre

Eating fibre helps you manage your blood sugar levels. Fibre at each meal slows the movement of sugar into your blood. This helps to keep blood sugar from rising too high after eating. Eating more fibre may also help lower your risk of heart disease. Aim to eat 30 grams of fibre or more each day. Read the Nutrition Facts table on food packages to find foods higher in fibre. The higher the % Daily Value the more fibre is in one serving.

Use these tips to eat more fibre

Choose whole grain breads, cereals, crackers, whole wheat pasta, whole wheat couscous, quinoa, barley, oats and brown rice;

Sprinkle 1-2 tbsp. (15-30 ml) high fibre cereal (4g of fibre or more per serving) on yogurt, applesauce, salads and casseroles;

Eat legumes such as split peas, beans, and lentils often. Add them to soups, casseroles, salads and spaghetti sauce;

Choose vegetables or fruit at every meal and snack;

Eat these fruits more often: apples, oranges, berries, pears, cherries and plums;

Drink more fluid when you increase the amount of fibre you eat

Drink at least 9-12 cups (2.25-3L) of fluid each day. Choose water, unsweetened coffee or tea, and other sugar free beverages.



**Lions Clubs
International**

A Thought To Ponder

