



# Let's End Diabetes



## April is time to start thinking about CAMP

Every year, Lions support children by helping to fund a summer trip to a camp, whether it be a camp for kids with disabilities or in our case, a camp for kids with diabetes. Hopefully when you send your donation to either Diabetes Canada (in BC Camp Kakhamela) or American Diabetes Assoc. (I believe there are more than one camp, but a couple of prominent ones are Camp Stix and Camp Leo) you mark in the donation line "for camp".

These camps are not cheap, for one week approximately \$1500.00 per child. Your donations are always well used. When it comes to kids with diabetes, there are a lot of different facets that come into play. Health care being number one and fun running a close second. The D-Camps have a team of camp staff that are trained and are on site for the week long camp to focus on camper care, medical processes and procedures. Many of the staff/team have diabetes themselves and live in the cabins with the campers. I can't speak 100% about the camps in the US, but I do know that Camp Kakhamela, in Gibsons, BC has 30 people on their Medical Team. The Med Team is always on hand for the camper and acts as a great resource, whether the camper is newly diagnosed or approaching adulthood.

Send your clubs donations to:

### IN CANADA

Diabetes Canada  
1300-522 University Avenue  
Toronto, ON M5G 2R5

*\* Donations are processed back east,  
but the donation stays in BC*

### IN USA

Contact: MD 19 Diabetes Chair  
IPDG Harry Lippincott  
Email: hlippin1@comcast.net



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### MD 19-L Step Challenge

Yahoo, we are in our final week of 30 weeks, well done to all who participated this year! The winners will be announced at the Convention in Richmond and in next months newsletter. To date, there is an accumulated total of **197,490,211** steps submitted. I am hopeful that we will go over 200 million steps!



## Diabetes 101



“...CGM’s are used by people who treat their diabetes with insulin ...”

### Continuous Glucose Monitoring (CGM)

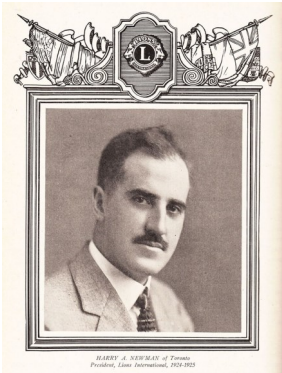
Yeah, no more fingerpicks! As a diabetic I can tell you this is one thing I do not miss and it's all because of the invention of the CGM. So what is a CGM? It is a small device used to monitor blood glucose on a continual basis instead of monitoring glucose levels periodically by drawing a drop of blood from a finger. CGM's are used by people who treat their diabetes with insulin. The monitor has three parts: a small electrode that is placed under the skin; a transmitter that sends readings from the electrode to a receiver at regular intervals (every 1 to 15 minutes) and a separate receiver that shows the glucose level on a display.

Benefits of a CGM are the user is able to see blood glucose levels continually as well as trends in blood glucose levels over time. The CGM is more convenient and less painful than the traditional fingerstick testing. Studies have demonstrated that CGM users spend less time in hypoglycemia or with a high glucose reading.

Speak with your healthcare provider if you are a diabetic and interested on using a CGM



## Did you know?



HARRY A. NEWMAN of Toronto  
President, Lions International, 1924-1925

### Harry A. Newman Diabetes Award

*Mr. Harry A. Newman was the first Canadian President of Lions Club International in 1924-1925. During this year Helen Keller challenged the Lions Clubs and Lions to become Knights of the Blind.*

The award may be given to a Lion or Leo member (or club) in good standing in Canada, who has shown outstanding commitment to the Lions and the work of the Diabetes Canada Association.

Each recipient of the Harry A. Newman Diabetes Award will receive an engraved glass award from the Diabetes Canada Association, a Harry A. Newman lapel pin and a personalized letter from the Diabetes Canada Diabetes Association Chair of the Board.

Contact District Diabetes Chair PDG Georgia Medwedrich for application.

## Myths About Diabetes

**MYTH:** People with diabetes should only eat diabetic food.

**Fact:** **Diabetic food** is one of the most common myths of the last ten years. The label 'diabetic' is often used on sweets foods. Often **sugar alcohols**, or other sweeteners, will be used instead of sugar. Diabetic food will often still affect blood glucose levels, is expensive, and may also cause adverse side effects.



## Exercise

taken from Diabetes Canada website

Why is Physical Activity so important for people with diabetes? Those living with diabetes, especially type 2 diabetes, regular physical activity is one of the most important things you can do to lower your blood sugar. Increased physical activity can work just as effectively as some medications, with fewer side effects.

If you are at risk of developing type 2 diabetes or Prediabetic, regular exercise can help delay or even prevent diabetes from developing.

Strive to complete at least 150 minutes of moderate-to vigorous intensity aerobic exercise each week, about 30 minutes five days a week.

Regular physical activity, along with eating healthy and controlling your weight, can reduce your risk of developing

diabetes complications such as heart disease and stroke. Also prevents sugar from building up in your blood, lowering your blood pressure and reducing your risk of developing type 2 diabetes.

Both aerobic and resistance exercise are important for people living with diabetes.

Physical activity and diabetes can be a complex issue. If you need help and/or advice on how to become physically

active, you can ask your doctor or a member of your diabetes health-care team for support that's right for you.

### Convert your activities to steps:

**Kayaking** 152 steps per minute

**Mowing Lawn** (push) small to large lot 160-242 per minute

**Softball** 145 steps per minute



## Health Tip

### 5 Ways to avoid complications during diabetes care:

1. *Make a commitment to managing your diabetes*— Learn all you can about diabetes. Make healthy eating and physical activity part of your daily routine. Monitor your blood sugar and ask for help when needed.
2. *Don't smoke*—Avoid smoking or quit smoking if you do smoke. Smoking increases your risk of type 2 diabetes.
3. *Keep your blood pressure and cholesterol under control*— High blood pressure can damage your blood vessels. High cholesterol is a concern as the resulting damage is often worse and more rapid when you have diabetes.
4. *Schedule regular physicals and eye exams*— Schedule two to four diabetes checkups a year, in addition to your yearly physical and routine eye exams.
5. *Keep your vaccines up to date*— Diabetes increases your risk of getting certain illnesses. Routine vaccines can help prevent them. Ask your health care provider.

# Healthy Eating

taken from Diabetes Canada website

## Eating away from home

It's convention time! Some of you may be planning to attend your District and or your Multiple District Convention. For many people, eating foods prepared away from home is a way of life. Whether at restaurants, take out counters, vending machines or corner stores, making healthy choices is possible and important. Balancing healthy food with regular physical activity can help prevent or delay the onset of diabetes or its complications.

Choose foods that provide:

**Fibre:** this slows the rise in blood sugar, helps improve cholesterol levels and helps you feel full. Vegetables, fruits, beans, lentils and whole grains fit in this category.

**Vitamins & minerals:** help keep the body healthy and fight infection. Choose brightly coloured vegetables over French fries, milk over pop, whole grain over white bread.

Choose foods LOWER in:

**Fat:** provides extra calories; saturated and trans fats increase your risk of heart disease. Limit fast food, baked goods, fatty meats and cream.

**Sodium (salt):** can lead to high blood pressure. Limit fast food, canned/dried soups, salty snacks, prepared frozen dinners.

**Sugar:** provides extra calories; may make control of blood sugar and blood fats difficult. Limit regular pop, fruit drinks, candies and deserts.



## Lions Clubs International

## A Thought To Ponder



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"You went camping and a bear mistook your blood for honey.  
Would you mind if I ordered a diabetes test for you?"

## 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 [gdmalmaine@gmail.com](mailto:gdmalmaine@gmail.com)

PDG Georgia Medwedrich

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