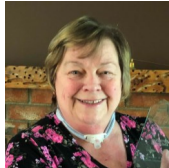




Let's End Diabetes



February is Heart Month



February is Heart Month, a time to bring awareness to cardiovascular health, what it encompasses, and how the adoption of healthy lifestyle behaviours can reduce our risk of developing heart related diseases. Coronary artery disease is the most common form of heart disease in diabetes. This develops when the arteries that the supply the heart with blood narrow or become blocked by fatty deposits. This may lead to a stroke if the arteries that supply your brain become blocked.

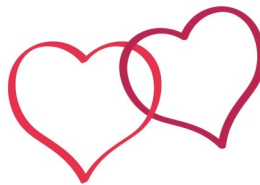
Diabetes increases your risk of stroke and heart disease. The chances of developing heart disease fifteen years earlier than those who do not have diabetes increase for diabetics.

Risk Factors

High blood glucose (sugar) is one risk factor for heart attack or stroke, but people with diabetes often have a number of other risk factors. These include being overweight, inactivity, high blood pressure and high cholesterol. People who smoke or have family history of heart disease or stroke are at even higher risk.

Reduce the risk

You can lower your risk of heart disease and stroke by paying attention to all of the risk factors. Achieve and maintain a healthy weight with regular physical activity and healthy eating. Work with your Doctor and health care team to achieve good diabetes management.



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

Ten weeks left in the District Step Challenge, to date we have accumulated a total of **135,714,227** steps! This is fantastic! Last year at this time we had accumulated 113,366,415 steps, quite an improvement for almost the same amount of members taking part.

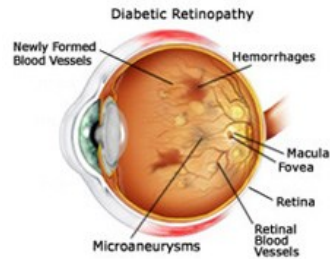


Diabetes 101

"...All people with diabetes are at risk for retinopathy ..."



WHO SHOULD BE SCREENED FOR RETINOPATHY



Any individual older than 15 with type 1 diabetes should be screened annually beginning five years after the onset of diabetes.

All individuals with type 2 diabetes should be screened at the time of diagnosis. Women with type 1 or type 2 diabetes or women who hope to become pregnant should be screened before conception, during the first trimester, as needed during pregnancy and within the first year post-partum.

All people with diabetes (both type 1 and type 2) are at risk for diabetic retinopathy. The interval for follow-up assessments should be tailored to the severity of the retinopathy. In those with no or minimal retinopathy, the recommended interval is one to two years.

People with diabetes are at risk of losing sight due to diabetic retinopathy. It is the leading cause of vision loss in adults of working age (20 to 65 years) in industrialized countries. 74% of people who have diabetes for ten years or more will develop some form of diabetic retinopathy. All people with diabetes both Type 1 and Type 2 are at risk. That's why everyone with diabetes should get a comprehensive dilated eye exam at least once a year.

To tie in with Diabetes and retinopathy lets take part in White Cane Week. What is White Cane Week? White Cane Week provides education and raises awareness about vision loss through out the community.

In Canada White Cane Week is the first full week in February, this year February 4-10th.

In the US White Cane Day is celebrated every October 15th

Contact me for more information or who you should contact in your community.

Maybe even consider doing setting up a spot vision scan event at the local schools, contact me for more information.



Did you know?

Lions Club International Foundation (LCIF) assists Lions in fighting diabetes through two grant programs: Sight First grant funding to support diabetic retinopathy programs and funding support for diabetes programs.

If your club is raising funds for diabetes or sight, contact your LCIF rep for applications and more information.

Myths About Diabetes

Myth: You shouldn't drive if you have diabetes.

Fact: It's okay to drive if you have diabetes. However, the symptoms of low blood sugar can affect your ability to drive. Always test your blood before driving, only drive if you are at least 5 mmol/L (CA) 90 mg/dl (US) Never drive if you are under 4 mmo/L (CA) 72 mg/dl (US)



Exercise

taken from Diabetes Canada website

Benefits of Exercise

While regular exercise often requires a commitment of both time and energy, the benefits of exercise are greater than that of general physical activity. Exercise (such as brisk walking or resistance training) uses more muscles at greater intensity, so more energy is used up. This allows better control of blood sugar.

Benefits of Exercise if you keep at it

Over the long term, exercise can result in:

- Improved fitness and body composition;
- Reduced complications of diabetes such as lowered risk of heart disease;
- Improved diabetes, including blood sugar, blood fats, and blood pressure;
- Improved overall fitness and health and
- If you are Prediabetic this will help you to keep diabetes at bay

What is the best kind of activity

Both aerobic and resistance exercise are important for people living with diabetes and those wanting to avoid diabetes.

Convert your activities to steps! Here are three more conversions for you to consider

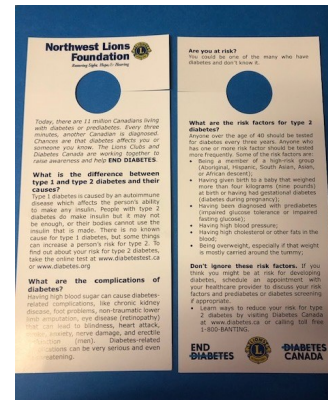
Curling (sweeping) = 125 steps per minute

House cleaning = 101 steps per minute

Firewood carrying/stacking = 145 steps per minute

Door Knockers! Get your door knockers for your next awareness set up, contact Georgia at gdalmaine@gmail.com

and I'll bring them to the Spring Conference for your club.



Health Tip

ABCDESSS of staying healthy with diabetes taken from Diabetes Canada website

- A** **A1C** — target is usually 7% or less
- B** **Blood pressure control** — aim for less than 130/80 mmHG
- C** **Cholesterol**—LDL cholesterol should be less than 2.0 mmol/L
- D** **Drugs**—to decrease heart disease risk: Blood pressure pills (ACE inhibitors or ARB's), cholesterol lowering pills (statins), medications that lower blood sugar with proven heart benefit, or ASA (Aspirin)
- E** **Exercise and healthy Eating**—regular physical activity and following a healthy dietary pattern
- S** **Self-management support**—setting goals, and identifying barriers that may prevent you from reaching your goals
- S** **Screening** or monitoring for complications—heart, feet, kidneys, eyes
- S** **Stop Smoking**

Ask your doctor about the ABCDESSs to reduce your risk of heart attack and stroke

Healthy Eating

Handy Portion Guide

Your hands can be very useful in estimating the right amount of food to eat. When you are planning a meal, use the following portion sizes as a guide:

Fruits/Grains & Starches

Examples: Orange, apple, potatoes, brown rice, spaghetti

Vegetables

Examples: Broccoli, lettuce, green beans, bell peppers

Protein Foods

Examples: Lean beef, chicken, port, fish, eggs, tofu, yogurt, milk (skim/1%), cheese

Fats

Examples: Non-hydrogenated margarine, canola oil, olive oil, peanut oil

PORTION SIZE GUIDE



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 gdamaine@gmail.com

PDG Georgia Medwedrich

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



Lions Clubs International