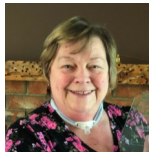




Let's End Diabetes



March is National Kidney month

This is National Kidney Month, lets get to know your kidneys. Did you know your kidneys filter all of your blood up to 25 times a day? Learn how you can protect these two fist-sized, bean-shaped organs that work around the clock for you.

Diabetes is the leading cause of kidney disease, nephropathy. One out of three people with diabetes has Kidney disease. While this is very common in people with diabetes, it is often undiagnosed. Kidney disease can be prevented in people with diabetes, only if measures to protect the kidneys are taken early enough.

How does diabetes affect the kidneys?

When your blood sugar is high—as it is if you have type 2 diabetes—it damages the small blood vessels throughout the body. This includes the blood vessels in the kidneys. Diabetes also raises blood pressure. When your blood pressure is high, it puts more strain on your kidneys.

Your kidneys filter waste and water out of the blood, making urine that leaves the body. But when the kidneys are damaged, they cannot do their jobs well. This can lead to a buildup of waste in the body, which can be very dangerous. If kidneys are not functioning at all, this is called end-stage kidney disease. People with this require dialysis or a kidney transplant to survive. Dialysis is a procedure in which a machine does the work of the kidneys.

Signs of kidney disease in people with type 2 diabetes

Diabetic kidney disease usually develops slowly over time. Symptoms can go unnoticed until the kidney damage is advanced. You will not know if you have Diabetic kidney disease unless your doctor checks for it. This is done with blood and urine tests. These tests check to see how well your kidneys are filtering your blood.

Prevention & treatment of kidney disease

Kidney disease is closely linked to high blood sugar, high blood pressure and smoking. The best way to prevent or delay kidney damage is to:

Keep your blood sugar and blood pressure at target

Take your medications as prescribed

Have your blood cholesterol checked annually

Avoid smoking

Follow a healthy meal plan

Exercise regularly

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

We are in the home stretch of our Fitness Challenge!

Originally I was going to stop on April the 7th, but have decided that the final week of **March 25-31st will be the last**. All coordinators must have their last report to me by Wednesday April 3rd, so whether you are able to receive all your steps from club members send to me no later then that date to be included in your end total. As of today there have been a total of 167,572,301 steps reported to me! I am looking forward to our first District L convention in April where the winners will be announced!



Diabetes 101



“...a healthy lifestyle is beneficial for everyone...”

Diabetes is a complex disease with many causes and no known cure. It is defined by abnormal levels of sugar in the blood and can lead to complications such as heart attack and stroke, kidney disease, blindness, limb amputations and premature death. It's a global issue, but its impact is felt by people and families around the world. If you don't have it, there is a good chance someone in your family or circle of friends is affected. It is estimated today that more than 10 million Canadians and 29 million Americans are living with diabetes or prediabetes. It's important that we as Lions help educate those in our communities about the disease and how to recognize if they are at risk.

While it's true that a healthy diet and physical activity can help prevent or delay type 2 diabetes, there is no way to prevent type 1 diabetes. However, type 2 diabetes is not simply a disease of lifestyle—other risk factors such as age (being over 40), family history, ethnicity (being of Aboriginal, African, Asian, Hispanic or South Asian descent), socioeconomic status, other health complications and environment also play a significant part. While a healthy lifestyle is beneficial for everyone, it is especially important for people who are at high risk for type 2 diabetes. Living a healthy lifestyle can help reduce the risk of type 2 diabetes or its onset, even by as much as 60 per cent. A good place to start is reducing or eliminating sugar-sweetened beverages, which studies show increase the risk of developing type 2 diabetes. Diabetes is a complicated disease, but it can be managed successfully with support from a strong diabetes care team of family, friends and health-care professionals.

Did you know?

Lions are willing to do whatever it takes to make our communities better places to live. That's why Lions support recreational camps to meet the special needs of persons with diabetes. Recreational camps help adults and children with diabetes:

- Lead healthy, happy and productive lives; and
- Learn about good diabetes management.

Lions arrange these camps with input from experts ~ physicians, nurses, departments and ministries of health or local associations for persons with special needs. Lions also volunteer their time during camp sessions or provide funding for camps organized by other groups.

There is a camp in British Columbia called Camp Kakhamela and one in Washington State called Camp Stix. What is your club doing to raise funds to help send a child to one of these camps?

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

Frequent and regular physical exercise boosts the immune system and helps prevent the “diseases of affluence” such as heart disease, cardiovascular disease, Type 2 diabetes and obesity. It may also help prevent depression, help to promote or maintain positive self-esteem, improve mental health generally, and can augment an individual's sex appeal or body image, which has been found to be linked with higher levels of self-esteem. Childhood obesity is a growing global concern, and physical exercise may help decrease some of the effects of childhood and adult obesity. Health care providers often call exercise the “miracle” or “wonder drug”—alluding to the wide variety of proven benefits that it can provide.

There are many different kinds of exercise we can do; biking, sports, running, yoga and my all time favorite, walking. The key is to start doing it and stick with it.

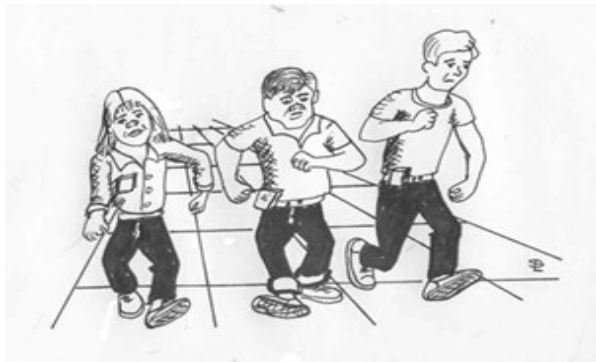
It is because of this, that I started the District Fitness Challenge, to get us up off our butts and move, I need motivation and this has helped me to continue to strive for the 10,000 steps a day that we should all be working toward.

Convert your activities into steps

Running (5 mph, 123 minute/mile) 232 steps per minute

Shopping in the mall 71 steps per minute

Swimming (treading water only) 116 steps per minute



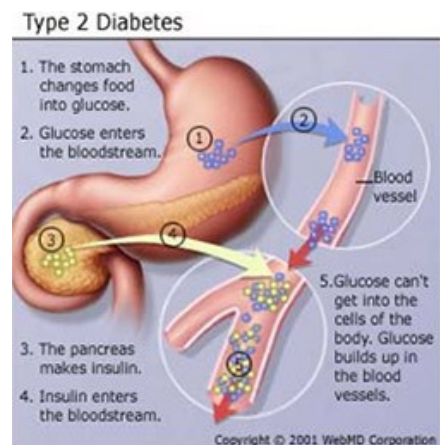
Health Tip

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; trouble getting or maintaining an erection.

If you have any of these symptoms, it is important to contact your healthy-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, however, that many people who have type 2 diabetes may display no symptoms.



Healthy Eating

Making healthy food choices

Learn to make healthier food choices such as

Eating as much of the following you wish:

Berries, peas, bell peppers, tomatoes, broccoli, green leafy vegetables, bean pasta, zoodles, Greek yogurt (unsweetened), lentils, black beans, chickpeas, kidney beans and split peas.

Portion Control:

1 apple, 1 orange, 1/4 cup corn, 1/4 cup yams, 1/4 cup sweet potato, 2 mini potatoes, 1/4 cup white rice, 1/4 brown rice, 1/4 cup quinoa, 1/4 bulgar, 1/4 buckwheat, 1/4 converted rice, 1/2 cup steel cut oats, 1 cup all bran cereal, 1/2 cup whole wheat pasta, 1 slice sprouted bread, 6 seed crackers, 1 stone wheat thins, 1 rice cake, 1 corn, tortilla, 1 cup milk, half banana, 1/4 cup pineapple, 1/4 cup mango.

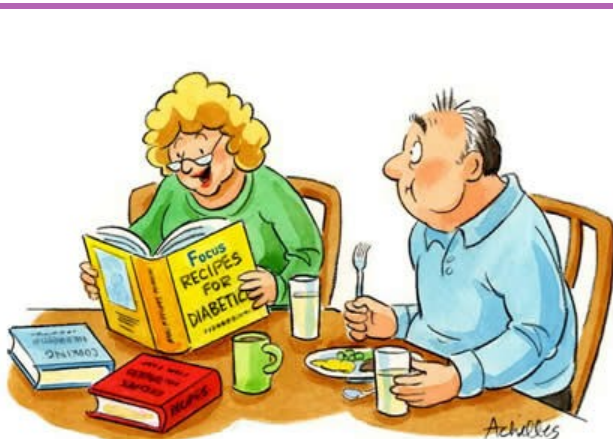
Avoid:

Baked potatoes, mashed potatoes, white rice, short grain rice, sticky rice, most bread, cookies, muffins, scones, most packaged cereals, most crackers, regular pasta, rice noodles, sweetened, dairy, fruit juice.



Lions Clubs
International

A Thought To Ponder



"How do you like my new recipe, dear?
Who knew that alligator meat was so low in sugar?"

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
PDG Georgia Medwedrich

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