

14A DIABETES AWARENESS NEWSLETTER



EDITOR: ROBERT T. YOKL, 14A CHARITABLE FOUNDATION'S DIABETES AWARENESS CHAIRPERSON

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MISSION STATEMENT

More than 250,000 people have diabetes in our Lions District which makes it an epidemic. Therefore, it is the mission of the 14A Charitable Foundation to promote diabetes awareness, education and prevention within our District 14A. If you know of children and adults who are living with diabetes that we can help with supplies, equipment or support, please contact Robert T. Yokl at 610-489-2505 or email at bobpres@SVAHSolutions.com

MESSAGE FROM ROBERT T. YOKL DIABETES AWARENESS CHAIRPERSON

No-Brainer Diabetes Service Project Planners

Most Lions Clubs would like to hold Diabetes Service Projects for their community, but they don't know where to get started. The good news is that Lions International has Multiple [Diabetes Service Project Planners](#) that walk you through every detail -- from start to finish -- of a community event like Strides for Diabetes. All you need to do is to click on the link (above) I have provided to get started!

P. S. I would be happy to make a Diabetes Awareness presentation at your Club or discuss the Club's diabetes project. Just call or e-mail me to discuss or schedule a time to do so. *It could be a lifesaver!*

Please Consider an Annual Donation to 14A Charitable Foundation's Diabetes Awareness Fund to Help with Needed Supplies or Support for Our Diabetes Projects That Are Serving our Communities.

DIABETES TIMELY NEWS FOR JANUARY 2023

- [More Steps Per Day Lowered Odds For Diabetes in Women](#)

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HOW MUCH WALKING FOR DIABETES CONTROL?

Exercise and walking are excellent tools for controlling Type II diabetes and improving health for people with diabetes. A study measured how much walking is needed to produce the best effects for people with diabetes. Walking or doing other aerobic exercise for 38 minutes or 2.2 miles showed a significant effect for those with diabetes, even if they didn't lose weight. They improved their hemoglobin A1C by 0.4 percent, reduced their risk of heart disease, and improved their cholesterol and triglyceride levels. And they saved \$288 a year in health costs. In addition, brisk walking workouts can help you maintain a steady blood sugar level and body weight if you have Type II diabetes. A 30-minute walk at least five days per week is recommended by the American College of Sports Medicine and the American Diabetes Association for people with diabetes. (Source: www.verywellhealth.com)

Contact Information

Robert T. Yokl
Chairperson,
Diabetes Awareness

District 14A Charitable Foundation
 Box 939, Skippack, PA 19474
 610-489-2505
bobpres@SVAHSolutions.com

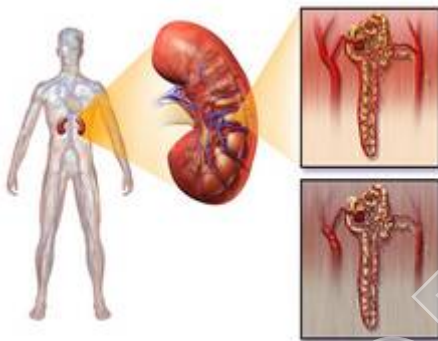
If Your Lions Club Has a Client that Needs Diabetes Supplies, Equipment or Support That is Beyond the Scope or Logistics of Your Club, Please Call Us!

WHEN YOU HAVE DIABETES AND URINARY PROBLEMS

Diabetes and urination problems often go hand in hand --- which can be stressful. Dealing with these issues can affect your daily living and quality of life. According to the National Institutes of Health, more than half of people with diabetes have bladder dysfunction.

Difficulties with urinary tract infections can happen as you get older, but when you have diabetes bladder problems, and urinary tract infections can start earlier in life and occur more often. This is because diabetes can cause damage to the nerves that are responsible for urinary system health and function.

In general, women are more likely to experience leakage or urinary incontinence than men because of different anatomical structures and bodily changes from pregnancy and delivery. Men may experience dribbling, weak stream, intermittent flow and urethral obstructions. (Source: www.verywellhealth.com)



		Who in Your Community Would Benefit From DA Education?									
	Nursing Homes						Penn State Extension "Dining With Diabetes Education Program"		Boy Scouts		
Retirement Communities			Senior Citizen Groups			Church Groups					

Call or E-Mail Robert T. Yokl for Details