

# 14A DIABETES AWARENESS NEWSLETTER

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

Volume #7, Issue 10, October 2023



## MISSION STATEMENT

More than 1.5 million people have diabetes in Eastern Pa. 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](mailto:bobpres@SVAHSolutions.com)

## MESSAGE FROM ROBERT T. YOKL DIABETES AWARENESS CHAIRPERSON

### How To Conduct A Diabetes Needs Assessment

I know that one of the challenges for Club Diabetes Chairpersons is identifying diabetes projects in their community. The best way I know of to do so is to perform a [Diabetes Needs Assessments](#) with a focus on diabetes. The assessment doesn't need to be elaborate, but it does need to be thoughtful. Give me a call if you need help in conducting an assessment.

**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!***

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

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## DIABETES TIMELY NEWS FOR OCTOBER 2023

- [Global Survey Finds Diabetes Goes Undiagnosed In 40% of Cases](#)

About 40% of people living with **diabetes** globally go undiagnosed, according to new research. Most people who are not diagnosed live in Africa.

- [Diabetes May Accelerate Blood Cancer. Yet, survival rates differ.](#)

Patients with multiple myeloma who also have **diabetes** have reduced overall survival when compared to those without **diabetes**. However, in a ...



"I'm just here for the dental."



## SYMPTOMS OF KIDNEY DISEASE IN DABETES

According to the National Kidney Foundation, about 10-40 percent of people with Type 2 diabetes will develop kidney failure in their lifetime. Kidney disease often referred to as nephropathy, is one of the many long-term complications of diabetes. Excess glucose in the blood can damage the delicate, small blood vessels in the kidneys that filter the toxin from our bodies. As a result, the kidneys cannot clean your blood properly and a build-up of waste materials, water and salt can remain in your blood.

The kidneys don't just fail all at once; instead, the disease is progressive and can take years to develop. The good news is if it is caught early, it can be treated and further damage can be slowed. Some people do not experience any symptoms of kidney disease and instead, it is picked up on a blood test. If you have diabetes, your doctor should check for signs of kidney disease using blood and urine samples about once a year. (Source: [www.verywell.com](http://www.verywell.com))

### Contact Information

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*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!*

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## HYPOGLYCEMIA: LOW BLOOD SUGAR AFTER EATING

When most people hear the term "low blood sugar", they immediately connect it to diabetes. However, while low blood sugar (called hypoglycemia) is common among people with diabetes, it can also occur in people who do not have diabetes. More specifically, low blood sugar may occur within a few hours after eating, a phenomenon called reactive hypoglycemia or postprandial hypoglycemia.

The symptoms of reactive hypoglycemia range from mild and unsettling (for example, feeling anxious, sweaty, shaky, or hungry) to serious (for example, developing a blurry vision, and/or fainting). However, experiencing one or more of these symptoms does not necessarily mean you have low blood sugar. These symptoms may indicate an entirely different problem like a heart or neurological problem. This is why an evaluation by a healthcare professional is essential. (Source: [www.verywell.com](http://www.verywell.com))



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

Call or E-Mail Robert T. Yokl for Details