

14A DIABETES AWARENESS NEWSLETTER



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

Volume #7, Issue 3, March 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

MESSAGE FROM ROBERT T. YOKL DIABETES AWARENESS CHAIRPERSON

Good Time To Plan Your “Strides” Event

A [Strides](#) event can be any physical activity, from a run to a dance competition! Get creative with Strides and use positivity and exercise to open the door to diabetes awareness and promote the importance of regular physical activity in the management of type 1 and type 2 diabetes.

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 MARCH 2023

- [Apple Makes Major Progress On No-Prick Blood Glucose Tracking](#)

... with the goal of also being able to alert people who are pre-diabetic. ... 1 in 10 Americans are diagnosed with **diabetes** in the United States.

- [High Demand For Diabetic Drugs leading To Critical Disparities](#)

While celebrities and others are raving about how **diabetic** medicine is helping them to shed a few pounds, doctors are warning of a shortage that ...





CAN DIABETES BE PREVENTED /W DIET AND EXERCISE?

With Diabetes blood sugar or glucose levels are elevated because the body doesn't use insulin correctly. Instead of properly applying sugar in the cells for energy, glucose can build in the blood stream, resulting in diabetes.

The good news is that regular physical activity can lower your blood sugar levels, a key aspect of diabetes prevention. According to the American Heart Association, most people should aim for 30 minutes of exercise three times a week. It is also recommended that you follow a nutritious diet like the Mediterranean diet to help decrease your risk of type 2 diabetes and prediabetes. (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!

HOW DIABETES CAN AFFECT YOUR FEET

Diabetes is an increasingly common disease in the United States and around the world. The high blood sugar that is characteristic of diabetes wreaks havoc on many different areas of the body, and it can have life-and-limb-threatening complications if left untreated.

Feet are very sensitive to the effects of diabetes. Potential problems include loss of feeling, diminished blood supply, a severe infection that requires amputation. According to the 2011 National Diabetes Fact Sheet, more than 60% of non-traumatic lower-limb amputations occur in people who have diabetes.

The good news is that blood sugar control and regular preventive care can significantly reduce the chances of diabetic complications. In fact, it is estimated that preventative foot care and patient education can reduce a person's chance of diabetic limb amputation by up to 85%. (www.verywell.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