

# 14A DIABETES AWARENESS NEWSLETTER

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

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## 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 Community Needs Assessment

I'm often asked what should a Lions Club Diabetes Project look like? My best answer is to conduct a community needs assessment utilizing a questionnaire that is sent to local churches, schools, local government, etc. asking what needs they have observed that your Lions Club could help. You will then gather a list of projects to prioritize for your DA initiatives.

**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 Our Diabetes Projects That Are Serving our Communities.*

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## DIABETES TIMELY NEWS FOR APRIL 2023

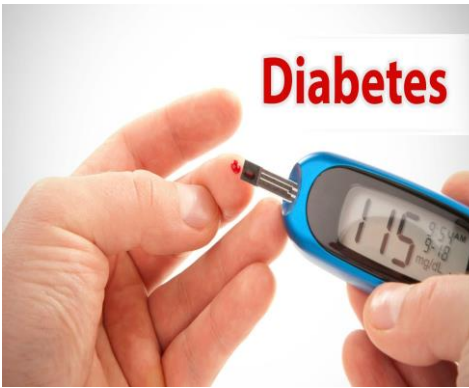
- [What Is The Best Diet For Diabetes That Can Decrease Body Fat](#)

"Any food-related lifestyle change that can decrease our body fat will also decrease insulin resistance and the harmful effects that **diabetes** brings," ...

- [Screening Program Detects More Colorectal Cancers W/ Diabetics](#)

A colorectal cancer screening program in Denmark that used fecal immunochemical testing detected more colorectal cancers....





## FREQUENT SYMPTOMS OF HYPERGLYCEMIA

According to the American Diabetes Association, in patients with type 2 diabetes (hyperglycemia) typically develops gradually and, at earlier stages, is often not severe enough for you to notice any classic symptoms. This is why many people are undiagnosed for many years, but able to recognize the symptoms (excessive thirst, shaky, fast heart, sweating, dizzy, anxious, hungry, blurry vision, fatigue, headache, or irritable) of high blood sugar can help you to diagnose diabetes, manage it better, and prevent an emergency.

For those people already diagnosed with diabetes, having a blood sugar that is sporadically higher than usual doesn't necessarily put you in immediate danger. However, chronically elevated blood sugar may be problematic. Over time, blood sugar levels that are too high can affect the small and big vessels of the body, leading to complications. (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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## DIABETES AND SKIN PROBLEMS



Diabetes can affect all body systems, but often the connection between diabetes and skin problems is missed. Up to one third of people with diabetes will experience skin problems related to the disease. If caught early, most conditions can be treated and resolved. Skin problems should be addressed and promptly treated to avoid serious consequences and complications.

Here is a summary of common skin problems that are specifically related to the disease: Bacterial infections, fungal infections, dry skin, Acanthosis nigricans (velvety dark patches), allergic reactions, atherosclerosis, itching, blisters, dermopathy (age spots), ski tags, digital sclerosis (skin on hands, fingers, toes thicken), rashes, etc.

If you have diabetes, and skin problems are a concern, the best way to prevent problems is to keep your diabetes in good control, keep blood sugar within recommended level and good skin care. (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 "Dining With Diabetes Education Program"</b>		<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