

14A DIABETES AWARENESS NEWSLETTER

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

Volume #7, Issue 7, July 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

Diabetes Grants Can Make A Difference

Diabetes Grants support diabetes youth camps and retreats, diabetes screening activities with comprehensive follow-up care plans, infrastructure and equipment acquisition for existing diabetes care facilities and training of professionals and community diabetes educators. Lions districts are eligible for grants up to US\$150,000; Lions multiple districts are eligible for grants up to US\$250,000. Contact Bob T. Yokl for more information.

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 The Diabetes Projects That Are Serving our Communities.

DIABETES TIMELY NEWS FOR JULY 2023

- [Diabetes & Weight lost Drug Ozempic Probe Over Suicide Risk](#)

In this photo illustration, boxes of the **diabetes** drug Ozempic rest on a pharmacy counter in Los Angeles, April 17, 2023. Mario Tama | Getty Images.

- [Scientists Say 1.3 Billion People Will Have Diabetes By 2050](#)

Researchers are projecting that 1.3 billion people will have **diabetes** by 2050 worldwide, leading to great new strains on health systems.



"Sorry - there's a shortage of beds. On the bright side, you're way more infectious than the guy next to you."
CartoonStock.com



HOW MUCH STARCHY VEGETABLES CAN YOU HAVE?

Vegetables are good for you – they provide vitamins, minerals, fiber, antioxidants, volume, lots of color, and crunch. There are two different categories of vegetables: Starchy vegetables, such as, potatoes, corn, and peas, and non-starchy vegetables such as broccoli, peppers, and kale.

If you have Type 2 diabetes, you may have been told to limit starchy vegetables. This is because starchy vegetables contain more carbohydrates than non-starchy vegetables and, therefore, can increase your blood sugars at a quicker rate.

However, this doesn't make them off limits; rather, you should learn how to identify them and portion control them. You can also weed out which ones you may want to limit by keeping track of how they impact your blood sugars and modify your diet as a result. (Source: 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!

PACK THE PERFECT SANDWICH FOR DIABETIC



One of the most convenient foods is a sandwich. Its portable, easy to keep cool and easy to eat. If you have diabetes, you may have heard that bread is the enemy and sandwiches are forbidden. This is not true. While bread is mostly carbohydrates, people that have diabetes do not have to avoid carbohydrates altogether. Rather, eating a modified carbohydrate diet that is rich in fiber can help people with carbohydrates reach blood sugar and weight goals. Two slices of bread typically contain about 30 grams of carbohydrates, which is an acceptable amount of carbohydrates for lunch. Instead of purchasing a sandwich that is overpriced and overstuffed, save yourself on calories, carbohydrates, and money by packing your own.

The key to creating a healthful sandwich is all in the construction. Choose the right bread and ingredients and you have a nutritious, fiber and protein packed lunch. Follow these tips and your companion may want to eat your sandwich instead of their own. (Source: www.verywell.com)

		Who in Your Community Would Benefit From DA Education?									
	Nursing Homes						Penn State Extension "Dining With Diabetes Education Program" Call or E-Mail Robert T. Yokl for Details			Boy Scouts	
Retirement Communities			Senior Citizen Groups			Church Groups					