

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

MESSAGE FROM ROBERT T. YOKL DIABETES AWARENESS CHAIRPERSON

What Are Diabetes Support Groups?

There are 463 million people living with diabetes around the world. Diabetes peer support groups allow your club, district or multiple district to actively support the diabetes community through hands-on service.

In the short term, diabetes peer support group participants establish connection and learn diabetes management skills from their peers. Over time, participants will feel a sense of community and acceptance that can lead to a better quality of life. Email me to learn more about it.

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.

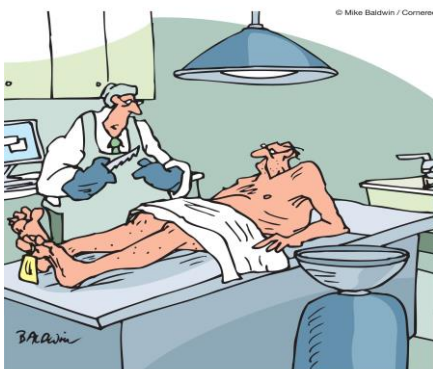
DIABETES TIMELY NEWS FOR AUGUST 2023

- [Summer Months Can Be Even More Extreme For People With Diabetes](#)

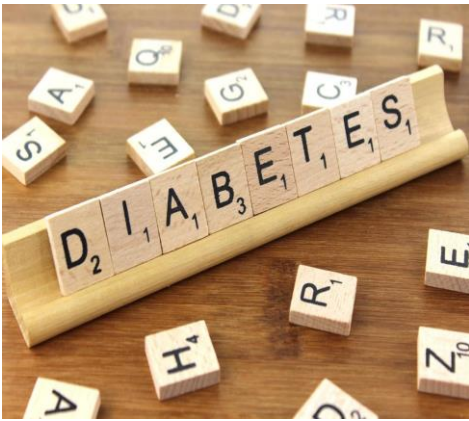
Many communities suffer in unrelenting heat. People with **diabetes** are among the most vulnerable to heat-related complications.

- [10 Tips For People Traveling This Summer With Diabetes](#)

BY TAMI ROSS. University of Kentucky. **Diabetes** requires regular self-management and treatment, even on vacation. That's why it is important to ...



"It's a little late for a second opinion – this is the autopsy."
CartoonStock.com



SIGNS OF LOW BLOOD SUGAR AND TYPE 2 DIABETES

Low blood sugar is not just a concern for people with type 1 diabetes. Although it does not happen as often, people with type 2 diabetes also can be at risk and should be familiar with the signs of low blood sugar.

Blood sugar levels are considered too low when they drop below 70 mg/dl. Sometimes, people can experience symptoms at higher blood sugar levels, especially if their blood sugars have been elevated for an extended period of time. When blood sugars drop to 70 mg/dl, the body may not have enough blood sugar to provide for energy needs. If symptoms become severe without treatment or correction, low blood sugar levels can cause harm or even death. Knowing the signs and how to treat low blood sugar can help you avoid emergencies. (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!

WHAT'S THE BEST YOGURT FOR DIABETICS?

Yogurt, typically made from cow's milk, is a source of carbohydrate which is also full of good bacteria, calcium and protein. If you have diabetes, yogurt can be a smart food choice; however, the trick is to know which kind of yogurt to choose and which to skip. In the best kinds of yogurt, you get good balance of protein and carbohydrate, along with calcium and health probiotics. You also don't get a lot of added sugar, additives, food coloring, or saturated fat. Choosing a low-fat or non-fat yogurt version can help your total calorie intake as well as keep your saturated fat (the type of fat that increases bad LDL cholesterol) low. In addition, since yogurt is a source of carbohydrate, you'll want to choose a yogurt that is low in added sugars such as fruited yogurts or those yogurts with added granola, or other toppings that are rich in sugar. Therefore, it's best to choose plain, low-fat yogurt. If you need to add sweetness, top your yogurt with some berries or peaches. Frozen varieties can make your yogurt seem "syrupy", too, for more fiber and less added sugar. Source: 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