

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

Type 2 Diabetes Screening Can Save Lives

Did you know that type 2 diabetes accounts for 90% of all diabetes cases worldwide? In fact, approximately 374 million people are at risk of developing type 2 diabetes. Lions can help reduce these numbers by organizing type 2 diabetes screening events in their communities. Lions clubs work with medical professionals and other community partners to determine screening methods and any necessary equipment. For more information about screening E-mail me a BobPres@SVAHSolutions.com.

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.

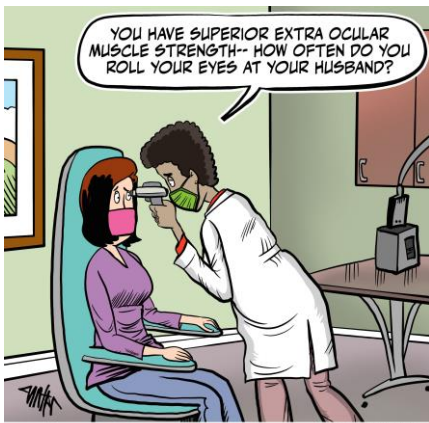
DIABETES TIMELY NEWS FOR SEPTEMBER 2023

- [Little-Known Diabetes Symptoms You May Notice After Eating Meals](#)

Diabetes can be dangerous and lead to long term health issues if left untreated, meaning knowing the warning signs to look out for is hugely ..

- [Diabetes Positively Associated With Risk of Breast Cancer](#)

Authors of a systematic review and meta-analysis reported a positive association between **diabetes** mellitus and breast cancer risk.





HEALTH BENEFITS OF ALMONDS FOR DIABETICS

While nuts are generally high in fat and not always considered a good option for low fat, diabetes-friendly diets, almonds are a special case. Almonds have an especially high concentration of monounsaturated fats or health fats which have been associated with reduced risk of heart disease. They also are rich in the antioxidant vitamin E and the minerals magnesium (which improves the flow of blood, oxygen, and nutrients throughout the body) potassium (which is an important electrolyte for and muscle contraction). For people with diabetes, incorporating almonds into meal plans appears to decrease after-meal rises in blood sugar and insulin. (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!

DOES CINNAMON HELP MANAGE DIABETES?

Cinnamon is a spice that has been used since ancient times for medicinal purposes. Recently, cinnamon has become a hot topic in diabetes research with conflicting results. The studies have been based on the idea that cinnamon may help to lower blood sugar. Studies showing cinnamon an effective diabetic treatment have proposed that cinnamon may have an insulin-like effect on cells --- triggering cells to take glucose out of the blood – or that cinnamon may cause an increase in the activity of the transporter proteins that move glucose out of the bloodstream and into cells.

In the 2000s, several studies showed conflicting results, with some studies pointing to a hypoglycemic (blood sugar lowering) effect of cinnamon and others showing no significant effect. But more recent research suggests that cinnamon may indeed help to lower blood sugar. A 2013 review of 10 randomized control trials suggests that ingesting cinnamon does, in fact, lower fasting blood sugars, as well as total cholesterol. (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