

# 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

### Another Great Resource For Diabetes Information

If you are looking for another great resource for diabetes information I would suggest the [National Institute of Diabetes and Digestive and Kidney Diseases](#) website. In particular, NIDDK has a great flyer you can download on diabetes tips that you can use as a handout at your next community event. Plus, other resources to help prevent diabetes health problems. And it is free of charge!

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

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## DIABETES TIMELY NEWS FOR NOVEMBER 2023

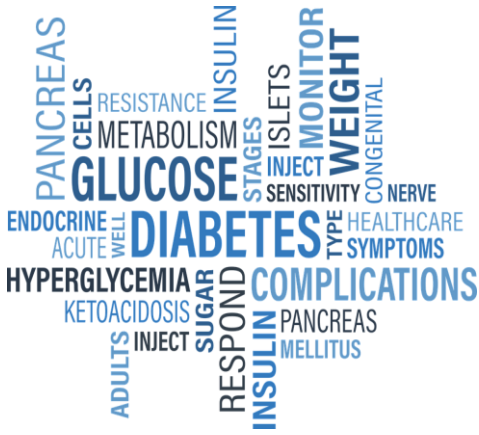
- [For Those With Diabetes On Medicare Part D, Insulin is only \\$35.00](#)

You may not live in Alicia's town but a plan's list of covered and noncovered drugs is consistent from one area to another. If you have **diabetes** and ...

- [Can Red Meat Cause Diabetes or Is It Dangerous To Your Health?](#)

Just two servings of red meat a week can raise **diabetes** risk, according to new Among people who participated in ...





## UNDERSTANDING THE HIDDEN DANGERS OF DIABETES

Diabetes is a progressive disease that can cause many serious complications. Chronically elevated blood sugar levels can wreak havoc on your body. The good news is that managing diabetes and keeping your blood sugar controlled can help to prevent or delay potential complications. Whether your diabetes is in good control or not, it is important to know what these complications are so that you can identify them and seek treatment right away.

Some of the more well-known complications are nerve damage (neuropathy), such as peripheral neuropathy which is characterized by numbness, tingling, and pain in the hands and feet, kidney failure (nephropathy) and vision problems (retinopathy). Keeping your blood sugars, weight, blood pressure and getting routine check-ups by specialists can prevent these types of complications. Additionally, there are some other types of complications of diabetes that you may not be aware of, such as skin complications, cardiovascular disease, and depression. (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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## BERRIES ARE A DIABETES FRIENDLY FOOD

Berries are a superfood --- high in vitamin C, folic acid, fiber, and phytochemicals. As part of a healthy diet, they have been linked to reduced risk of cardiovascular disease, memory loss, high blood pressure, cancer, and now type 2 diabetes in both men and women, according to an October 2010 Journal of Nutrition article.

Although a source of carbohydrates, the high-fiber content of berries makes them an excellent addition to a diabetic meal plan – of which approximately half the calories should come from carbohydrates. The best time of the year to buy berries is during the summer because they are in season, and you'll get the best price. But don't swear off berries throughout the rest of the year, watch for sales on fresh or frozen berries. (Source: [www.verywell.com](http://www.verywell.com))

Who in Your Community Would Benefit From Diabetes Education?									
	<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		