

Reducing Your Risk

Lose weight

- Make wise food choices
- Eat smaller portions

Be physically active every day

- Walk, ride a bike, swim, rake leaves, work in you yard or garden

Check your blood pressure

- Eat less salt
- Reduce alcohol

Check your cholesterol

- Eat lower fat foods

Talk with your doctor and dietitian

Donation Form

Please return and make checks payable to
Lions of Illinois Foundation.

Club Name _____

Contact Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

E-mail _____

Amount Donated _____

If you would like to place a birdies guess,
please fill in your number here:

Why the Lions Help

The Lions of Illinois Foundation is a nonprofit organization with members throughout the state of Illinois. Since 1925, the Lions have taken the challenge given to them by Helen Keller. Addressing the Lions at their convention she urged them to become:

“Knights of the Blind in the Crusade Against Blindness.”



Scan here to learn
more about LIF.

Lions of Illinois
Foundation

2254 Oakland Drive
Sycamore, Illinois 60178
Phone: 815-756-5633 V & TTY relay
LionsOfIllinoisFoundation.org
Facebook.com/LIFnd/

#DIA-01



Lions of Illinois
Foundation

Serving People with Vision and Hearing Needs
Since 1974.

DIABETES AWARENESS CAMPAIGN

March 1- May 31



According to the
Center for Disease Control
29.1 million people have diabetes.

1 out of **4** do not know
they have diabetes.



What is Diabetes?

Diabetes is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The **pancreas**, an organ that lies near the stomach, makes a hormone called **insulin** to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.

Uncontrolled blood sugars are known to cause (among other issues) heart conditions, kidney failure, nausea, obesity, and vision loss due to **Diabetic Retinopathy**.



Type 1 Diabetes

body does not make enough insulin

May develop at any age

Must take insulin for life

Most common juvenile diabetes

To avoid life-threatening complications, people with type 1 diabetes must take insulin for their entire lives.

Type 2 Diabetes

body cannot use insulin properly

Can develop at any age

Most common type in adults

Most causes can be prevented



Most people with the diabetes have type 2.

About 27 million people in the U.S. have this type.

Another 86 million Americans have **pre-diabetes**.

Their blood-glucose is not normal, but not high

enough to be diabetes yet. Source: WebMD.com

What Are the Warning Signs?

Diabetes can affect you in many ways, sometimes in ways that are very subtle.

Thus the nickname "the silent thief", as you may have it and not know.

- Excessive Thirst
- Extreme Hunger
- Frequent Urination
- Irritability
- Weakness & Fatigue
- Nausea & Vomiting
- Drowsiness
- Blurred Vision
- Recurring or hard-to-heal Infections of Bladder, Skin or Gums
- Itching
- Tingling or Numbness of Feet

Healthy choices that can lower your risks:

- A regular exercise routine
- Eat a low-fat/low carb diet
- Stop drinking soda/pop and sugary drinks,
- Drink more water
- Have regular doctor visits & annual diabetic blood testing

Once you have Diabetes, you have it for life.
There is no cure for diabetes, only control.

For additional information:

American Diabetes Association

www.diabetes.org; 1-888-diabetes

Illinois Department of Human Services

Diabetes Prevention and Control Program

1-800-843-6154 (Voice); 1-800-447-6404 (TTY)

What is Lions Diabetes Awareness Campaign?

The Lions of Illinois Foundation Diabetes Awareness Campaign's mission is to inform the public of the hidden dangers of Diabetes.

From March 1st to May 31st Lions will be out in communities all over Illinois passing out what we call "Risks Strips." These paper slips list warning signs of diabetes and referral information for questions about diabetes.

The Mobile Vision Screening Unit is one of the



services LIF offers FREE to the public. It is quick & simple. A high-resolution camera takes a picture of the back

of the eyes. Those pictures are then sent to be read by retina specialists and the results are mailed to each individual. No screening can take the place of a full dilated exam. The American Academy of Ophthalmology recommends that people with diabetes have a baseline examination soon after they are diagnosed and that they remain in the care of an eye doctor trained in the diagnosis and treatment of diabetic eye problems.

The Lions Diabetes Awareness Campaign is a fundraiser for Lions of Illinois Foundation. 100% of the funds donated are used to provide visual & hearing health programs in Illinois.