

# DIABETES AWARENESS

## 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.

**This fundraiser brings valuable information on the silent risk of blindness from diabetes.**

Your contribution makes the following projects possible: Camp Lions for children and adults, Low Vision Program for students and adults, Mobile Retinal and Hearing Screenings and Social Services and Referrals for residents in Illinois.



Enclosed is our check/money order to contribute towards diabetes awareness.

Amount of donation \$ \_\_\_\_\_

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*According to the Center for  
Disease Control, 34.2 million  
people in the United States have  
diabetes, 1 in 5 them don't know it.*

*Help us raise awareness and  
bring this valuable information  
to those at risk.*