PLEASE SEE PAGES 4–6 FOR IMPORTANT INFORMATION ABOUT WORLD DIABETES DAY.

American Diabetes Association
Tour de Cure

2017 Step Out: Colorado - Now part of Tour de Cure

Parker, CO
September 9, 2017

Join Our Team or Form a Team

You may have heard that Colorado Rocky Mountain Cyber Lions Club will participate in the American Diabetes Association’s Tour de Cure/Step Out Walk in Parker, CO September 9, 2017.

We are shooting to raise at least $1000 and become a “Champion to Stop Diabetes”. Champions are leaders in the quest to prevent and cure diabetes once and for all.

Whether you donate $25 or $250, know that your contribution will help the Association provide community-based education programs, protect the rights of people with diabetes and fund critical research for a cure.

Please help us in our mission to become a Champion by clicking on the links below to make a donation.

Your generosity would mean so much!

Team Name:
Colorado Rocky Mountain Cyber Lions Club


Registration Fee $25
Sign up to Volunteer
Donate

2017/2018
Diabetes Awareness Chairs:
DISTRICT CHAIRPERSONS
District 6C - Lion Carol Louks
720-841-9526
md6lions@gmail.com

District 6NE - Lion Cara Draeggert
970-380-2272
hummingbirdpress@yahoo.com

District 6SE - Harvey Unwin
719-948-2992
kaunwins@msn.com

District 6W - Robert Pena
970-200-7362
86cvetttbob@gmail.com

MD6 CO-CHAIRS:
Lion Janice Davis
wispysail@aol.com

Lion Cara Draegert
hummingbirdpress@yahoo.com

Share your Diabetes Stories, program dates and events with Lions in this newsletter, and please include photos with captions. Send via email to md6lions@gmail.com
Will you walk with us on September 10, 2017?

**Please Support Team MD6 Colorado Lions at this year’s JDRF One Walk®.**

You’ll support research for life-changing breakthroughs to make it safer and easier to live with T1D, until a cure is found.

When you have T1D, your pancreas stops producing insulin—a hormone essential to turning food into energy. This means you must constantly monitor your blood-sugar level, inject or infuse insulin, and carefully balance these insulin doses with your eating and activity just to stay alive. Type 1 diabetes (T1D) is a serious autoimmune disease that strikes both children and adults. It’s unrelated to diet and lifestyle.

There are no days off from T1D—and there is no cure.

That’s why we’re raising money to help JDRF support the most promising, cutting-edge science to create a world without T1D.

**We need you on our team! Please follow the link below to walk with us.**

http://www2.jdrf.org/site/TR;jsessionid=00000000.app340a?fr_id=7018&pg=team&team_id=236309&NONCE_TOKEN=E3FAC4A0893A4C90C86C373AD449E555

To find out if a company has a matching gift policy, please visit: matchinggifts.com/jdrf

**PUTTING AN END TO T1D, ONE STEP AT A TIME**

**ADA Diabetes Camps in Colorado:**

**Camp Sweet Pea**
3500 Mountain Lion Drive
Mountain View High School & Aquatic Center
Loveland, Colorado 80537
720-855-1102

**Camp Colorado**
PO Box 6819
Colorado Springs, Colorado 80934
720-855-1102
emfay@diabetes.org

**Colorado Camp**
1599 Ski Hill Rd
Breckenridge, Colorado 80424
406-214-3266

**Camp DX**
701 S. Pennsylvania St
Lincoln Elementary School
Denver, Colorado 80209
720-855-1102

**Camp Kick Start**
2190 Jetwing Drive
SE YMCA
Colorado Springs, Colorado 80916
720-855-1102

**Looking for Diabetes Friendly Recipes?**

District 6SE is collecting diabetes recipes for distribution.

Check them out at:

https://e-district.org/sites/6se/page-10.php

They need more and hope to have at least one recipe from each club in 6SE, though they will likely accept them from others around the state.

Send recipes to DG Rick Calhoun:

pastorrickcalhoun@gmail.com
**DIABETES SCREENINGS**

Diabetes is a growing world epidemic. Currently, 1 in 2 (46.5%) of adults with diabetes are undiagnosed. The purpose of diabetes screening is to identify asymptomatic individuals who may have diabetes and not know it, and refer them to qualified healthcare professionals for additional assessment. A diabetes screening can help detect prediabetes as well as diabetes.

**Organizing a Diabetes Screening**

- **Partner with healthcare professionals to carry out your screening event:** Government health departments, universities, hospitals, nurses, certified diabetes educators or private physicians often agree to perform free or low cost public screenings. They are knowledgeable about local healthcare laws and appropriate medical screening equipment and supplies to be used.

- **Obtain legal clearance/permits from local authorities:** Adhere to the appropriate healthcare laws and regulations for your jurisdiction when conducting health screenings.

- **Select a date and location for the screening:** Possible locations can include schools, libraries, places of worship, community centers or homes for the elderly. If your district has a diabetes mobile screening unit, you may consider reserving it for your event.

- **Provide advance publicity:** Use social media platforms, newsletters and public announcements to notify the community about the date and location of the screening.

- **Stay in touch with community partners** (medical professionals, manager of screening location, volunteers, etc.

- **Establish a referral plan in advance of the screening:** Anticipate your screening will identify people at risk for pre-diabetes and diabetes. Make sure those with positive screening results will have access to additional medical care and/or diagnostic tests.

**Conducting a Diabetes Screening**

- Organize and set up the screening room.

- Provide free transportation for persons who lack access.

- Assist medical professional partners with record-keeping functions.

- Distribute professional diabetes information and publications.

- Provide other assistance to healthcare professionals in accordance with local laws and regulations.

**Follow Up After the Screening**

- **Send letters of appreciation to persons involved in the screening:** This includes healthcare professionals who donated their time and expertise, community centers that provided a venue and medical companies or local healthcare providers that donated equipment and supplies.

- **Provide publicity after your screening:** Let your community know about the details of your event, including the number of persons who benefited from the free public screening. Use social media to highlight your event and issue a press release or other community announcement.

- **Use MyLCI to share information about your screening.**

Ernie & I received paid travel arrangements from Lions International Director Lewis Quinn & Lion Gayle to visit Anchorage, AK July 13th thru July 19th. We’ll visit the Anchorage Diabetes camp and a blind & visually impaired semi-professional college baseball game. Seattle Sluggers vs Anchorage Bucs and Chinoooks(blindfolded). ID Lewis and Lion Gayle are members of the Anchorage Captain Cook Lions Club. We met them at the MD6 State Convention in 2016 and again at the USA/Canada forum in Nebraska. Lion Gayle was impressed with the focus on Diabetes Awareness in our state. Ernie and I appreciate being involved with Lions of Colorado. I’m especially grateful to Lion Carol Louks, MD6 Diabetes Chair for her unwavering support and encouragement.

Lion Janice Davis
MD6 Co-Chair, Diabetes Awareness

The theme of World Diabetes Day (WDD) 2017 - 14 November - is:

Women and Diabetes,
with the slogan

OUR RIGHT TO A HEALTHY FUTURE

Led by the International Diabetes Federation (IDF), the campaign will promote the importance of affordable and equitable access for all women at risk for or living with diabetes to the essential diabetes medicines and technologies, self-management education and information they require to achieve optimal diabetes outcomes and strengthen their capacity to prevent type 2 diabetes.

There are currently over 199 million women living with diabetes and this total is projected to increase to 313 million by 2040. Diabetes is the ninth leading cause of death in women globally, causing 2.1 million deaths each year. As a result of socioeconomic conditions, girls and women with diabetes experience barriers in accessing cost-effective diabetes prevention, early detection, diagnosis, treatment and care, particularly in developing countries.

Two out of every five women with diabetes are of reproductive age, accounting for over 60 million women worldwide. Women with diabetes have more difficulty conceiving and may have poor pregnancy outcomes.

Approximately one in seven births is affected by gestational diabetes (GDM), a severe and neglected threat to maternal and child health. A significant number of women with GDM also go on to develop type 2 diabetes resulting in further healthcare complications and costs.

Women and girls must be empowered with equitable access to knowledge and resources that will strengthen their capacity to prevent or delay the onset of type 2 diabetes, and influence the adoption of healthy lifestyles to improve the health and well-being of those around them and future generations.

MD6 DIABETES PROGRAMS

July 24, 2017 - Park Hill Lions Club, 6C - Lion Burrell Mitchell taught a class on Diabetes Foot Care at African-American Health Center.

August 17, 2017 - Pueblo Charter Lions Club, 6SE - Guest: Representative from Parkview Diabetes Care Unit.

November 11, 2017 - Englewood & CRM Cyber Lions Clubs - Diabetes Symposium @ O’Malley Senior Center

DID YOU KNOW?

Diabetes contributes to more than 5 million deaths a year, making it the eighth-leading cause of death in the world. And the numbers are rising. Lions and Leos are confronting this global health emergency by raising awareness of diabetes through Strides events, expanding access to care through screening and treatment programs, and improving quality of life through diabetes camps and community recreational programs. We believe we can help prevent and control this global epidemic by uniting Lions and Leos around this cause.
WOMEN AND DIABETES
OUR RIGHT TO A HEALTHY FUTURE

THE ISSUE
199 MILLION WOMEN WITH DIABETES
313 MILLION BY 2040

WHAT DOES THIS MEAN?
DIABETES IS A LEADING CAUSE OF DEATH AMONG WOMEN
2 OUT OF 5 WOMEN WITH DIABETES ARE IN REPRODUCTIVE AGE
WOMEN WITH TYPE 2 DIABETES ARE ALMOST TEN TIMES MORE LIKELY TO HAVE HEART DISEASE
WOMEN WITH TYPE 1 DIABETES HAVE AN INCREASED RISK OF MISCARRIAGE OR HAVING A BABY WITH MALFORMATIONS

THE CHALLENGE
ALL WOMEN WITH DIABETES REQUIRE AFFORDABLE AND EQUITABLE ACCESS TO CARE AND EDUCATION TO BETTER MANAGE THEIR DIABETES AND IMPROVE THEIR HEALTH OUTCOMES

A SOLUTION
ACCESS TO ESSENTIAL DIABETES MEDICINES AND TECHNOLOGIES, SELF-MANAGEMENT EDUCATION AND INFORMATION ARE KEY TO ACHIEVE OPTIMAL DIABETES OUTCOMES

ACT TODAY TO CHANGE TOMORROW
www.worlddiabetesday.org
OUR RIGHT TO A HEALTHY FUTURE

1 in 10 women are living with diabetes. Many do not have access to education, treatment and care.

ACT TODAY TO CHANGE TOMORROW

www.worlddiabetesday.org