



A LION'S TALE

Nov 2017

MESSAGE FROM THE KING LION

♦ MANCHESTER LIONS CLUB EST: 6-15-23

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“Together Everyone Achieves More”. That’s our motto, Manchester Lions. Once again we have pulled together as a TEAM and we have succeeded in our latest project, the “Spaghetti Dinner” on the 28th of October. It was Lion Terri who spearheaded it and with her committee and the team, our members, we had a successful project bringing much needed funds for our charitable works in the community. We have some projects coming up: our Breakfast with Santa, Veterans Christmas Party, and our own Membership Christmas Party. We need, all of us, to give our full support to these projects and participate in our Christmas Party. You are the “best” and will continue to be I am sure. I do want to wish all of you a great Thanksgiving Feast and I/we are all thankful for all we have received and are able to share with others in our community.

Your KL Jean “John”

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Sight for Kids

“I hope you will adopt me. I am the youngest here,” Helen Keller said in her famous “Knights of the Blind” speech to Lions at the 1925 International Convention in Cedar Point, Ohio, USA.

Keller was speaking figuratively, of course. She was 45 years old at the time. But the story she shared of her early childhood blindness and her heartrending struggle for independence as a girl left a lasting impression. It was one of a few key moments that led many Lions clubs to adopt sight as a major global service area.

Since Helen Keller’s challenge in 1925, Lions’ service to sight has been realized in myriad ways. It has helped countless children to see or to see more clearly and to access the tools and resources needed to reach their potential. Lions have supported schools and summer camps for blind children, provided eye health education, screened for vision problems and provided free eyeglasses. Many local Lions clubs have raised funds to cover the cost of eye surgery for children in their communities. Lions clubs and Lions Clubs International Foundation have also mobilized more than US\$400 million in SightFirst funding to prevent blindness and build local eye health capacity.

Children’s eye health has emerged as a global concern in recent decades, and Lions are leading the way for children’s specific eye care needs.

The World Health Organization estimates that 1.4 million children worldwide are irreversibly blind, and tens of millions suffer from conditions such as nearsightedness, farsightedness and astigmatism that may hinder their ability to learn. Lions have worked hard for the past century to develop innovative programs and establish global partnerships that help more children see.

In 1998, Lions Clubs International introduced Lions World Sight Day, a global event that has become a showcase for Lions’ service efforts to promote chil-

dren's eye health. For example, thanks to local Lions, nearly 4,000 children in Sao Paulo and Sao Jose dos Campos, Brazil, received vision and eye health screenings. The WHO adopted World Sight Day, held on the second Thursday of October, as an annual *day* of awareness to focus global attention on blindness and vision impairment.

In 2002, in partnership with Johnson & Johnson Vision Care Inc., the Lions Clubs International Foundation launched Sight for Kids, a school-based program that mobilizes volunteers to provide vision screening, professional eye exams, eyeglasses and other services. The program has become one of the Lions' largest and most impactful partnership programs.

As of 2015, more than 125,000 Lions and other volunteers have worked to bring the Sight for Kids program to more than 20 million children throughout Asia, India and the Philippines. Among those children, Sight for Kids has referred more than 800,000 children to eye care professionals for further evaluation and provided eyeglasses to more than 250,000 children. In 2014, the program expanded to Turkey and Kenya.

Among newer Lions initiatives of the 21st century, Sight for Kids remains an important partnership among for Lions and LCIF, and it is sparking even more partnerships to help children see.

Lions International—Touchstone Story

Touchstone Story #6 **Helen Keller**

Photo Caption: Helen Keller inspired Lions to commit to ending preventable blindness and serving the visually impaired.

In 1925, as an ambassador for the newly formed American Foundation for the Blind, Helen Keller addressed the Lions Clubs International Convention in Cedar Point, Ohio.

“Try to imagine how you would feel if you were suddenly stricken blind today,” Keller asked Lions members packed into the convention hall. “Picture yourself stumbling and groping at noonday as in the night; your work, your independence gone.”

Keller knew exactly what this was like. Blind and deaf since the age of 19 months, she had once lived in virtual isolation, unable to effectively communicate. Then, a teacher from the Perkins School for the Blind named Anne Sullivan came to live and work with Keller and taught her to connect with the world through sign language. Keller eventually learned to read and write, earned a bachelor’s degree and learned how to speak.

Most Lions at the time were familiar with her well-publicized story. Some Lions in the audience had already been involved with service projects to the blind. But witnessing Keller share her heart and soul for the plight of the blind brought the reality of being visually impaired crashing home for everyone present. The Lions and their guests were captivated.

Keller saved her most stirring words for the end of her speech, hoping that the Lions would partner with the American Foundation for the Blind and lend their

National Health Observance, cont'd

support as an organization to those who had lost their sight.

“Will you not help me hasten the day when there shall be no preventable blindness; no little deaf, blind child untaught; no blind man or woman unaided? I appeal to you Lion, you who have your sight, your hearing, you who are strong and brave and kind. Will you not constitute yourselves knights of the blind in this crusade against darkness?”

She had no idea just how far the association would take her challenge.

Before the convention was over, the association unreservedly dedicated itself to making Keller's dream a reality. Lions would become Keller's Knights of the Blind.

Since 1925, hundreds of millions of lives have been changed through the vision-related work of Lions around the world, and today the association is as dedicated as ever to hastening the day when no one should suffer unnecessarily from vision problems. Through eye centers and hospitals, medicines and surgeries, eye glasses and eye banks, Lions are working to end preventable blindness and aid the visually impaired.

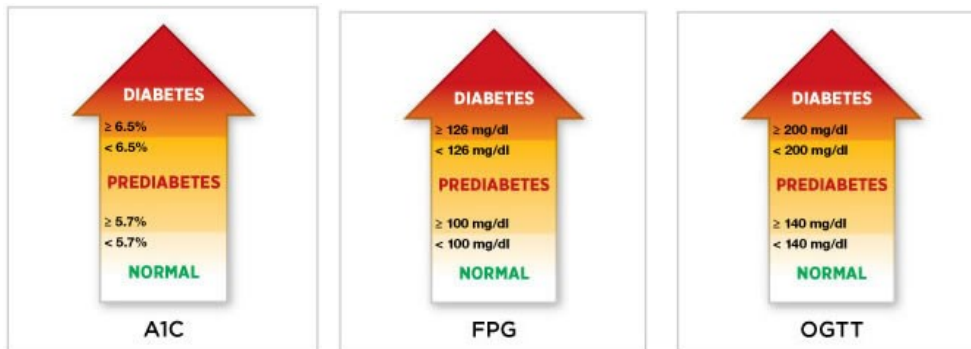
Keller's challenge and her dream live on.

National Health Observance— Diabetes Awareness Month

Diagnosing Diabetes and Learning About Prediabetes

There are several ways to diagnose diabetes. Each way usually needs to be repeated on a second day to diagnose diabetes.

Testing should be carried out in a health care setting (such as your doctor's office or a lab). If your doctor determines that your blood glucose level is very high, or if you have classic symptoms of high blood glucose and the body's main source of energy. Also called blood sugar. In addition to one positive test, your doctor may not require a second test to diagnose diabetes.



A1C

The A1C is a test that measures a person's average blood glucose level over the past 2 to 3 months. Hemoglobin (HEE-mo-glo-bin) is the part of a red blood cell that carries oxygen to the cells and sometimes joins with the glucose in the bloodstream. Also called hemoglobin A1C or glycosylated (gly-KOH-sih-lay-ted) hemoglobin, the test shows the amount of glucose that sticks to the red blood cell, which is proportional to the amount of glucose in the blood. The test measures your average blood glucose for the past 2 to 3 months. The advantages of being diagnosed this way are that you don't have to fast or drink anything.

Diabetes is diagnosed at an A1C of greater than or equal to 6.5%

Result	A1C
Normal	less than 5.7%
Prediabetes	5.7% to 6.4%
Diabetes	6.5% or higher

FASTING PLASMA GLUCOSE (FPG)

This test checks your fasting blood glucose levels. Fasting means after not having anything to eat or drink (except water) for at least 8 hours before the test. This test is usually done first thing in the morning, before breakfast.

Diabetes is diagnosed at fasting blood glucose of greater than or equal to 126 mg/dl milligrams (MILL-ih-grams) per deciliter (DESS-ih-lee-tur), a unit of measure that shows the concentration of a substance in a specific amount of fluid. In the United States, blood glucose test results are reported as mg/dL. Medical journals and other countries use millimoles per liter (mmol/L). To convert to mg/dL from mmol/L, multiply mmol/L by 18. Example: 10 mmol/L \times 18 = 180 mg/dL.X

Result	Fasting Plasma Glucose (FPG)
Normal	less than 100 mg/dl
Prediabetes	100 mg/dl to 125 mg/dl
Diabetes	126 mg/dl or higher

ORAL GLUCOSE TOLERANCE TEST (ALSO CALLED THE OGTT)

The OGTT is a two-hour test that checks your blood glucose levels before and 2 hours after you drink a special sweet drink. It tells the doctor how your body processes glucose.

Diabetes is diagnosed at 2 hour blood glucose of greater than or equal to 200 mg/dl

Result	Oral Glucose Tolerance Test (OGTT)
Normal	less than 140 mg/dl
Prediabetes	140 mg/dl to 199 mg/dl
Diabetes	200 mg/dl or higher

RANDOM (ALSO CALLED CASUAL) PLASMA GLUCOSE TEST

This test is a blood check at any time of the day when you have severe diabetes symptoms.

Diabetes is diagnosed at blood glucose of greater than or equal to 200 mg/dl

WHAT IS PREDIABETES?

Before people develop type 2 diabetes a condition characterized by high blood glucose levels caused by either a lack of insulin or the body's inability to use insulin efficiently. Type 2 diabetes develops most often in middle-aged and older adults but can appear in young people. , they almost always have "prediabetes a condition in which blood glucose levels are higher than normal but are not high enough for a diagnosis of diabetes. People with prediabetes are at increased risk for developing type 2 diabetes and for heart disease and stroke. Other names for prediabetes are impaired glucose tolerance and impaired fasting glucose.X" — blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.

Doctors sometimes refer to prediabetes as impaired glucose tolerance (IGT) or impaired fasting glucose (IFG), depending on what test was used when it was detected. This condition puts you at a higher risk for developing type 2 diabetes and cardiovascular disease of the heart and blood vessels (arteries, veins and capillaries).

No Clear Symptoms

There are no clear symptoms of prediabetes, so, you may have it and not know it.

Some people with prediabetes may have some of the [symptoms of diabetes](#) or even [problems from diabetes](#) already. You usually find out that you have prediabetes when being tested for diabetes.

If you have prediabetes, you should be checked for type 2 diabetes every one to two years.

Results indicating prediabetes are:

An A1C of 5.7% – 6.4%

Fasting blood glucose of 100 – 125 mg/dl

An OGTT 2 hour blood glucose of 140 mg/dl – 199 mg/dl

Preventing Type 2 Diabetes

You will not develop type 2 diabetes automatically if you have prediabetes.

For some people with prediabetes, early treatment can actually return blood glucose levels to the normal range.

Research shows that you can lower your risk for type 2 diabetes by 58% by:

Losing 7% of your [body weight](#) (or 15 pounds if you weigh 200 pounds)

[Exercising moderately](#) (such as brisk walking) 30 minutes a day, five days a week

Don't worry if you can't get to your [ideal body weight](#). Losing even 10 to 15 pounds can make a huge difference.

WHAT IS TYPE 1 DIABETES?

Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. Only 5% of people with diabetes have this form of the disease.

In type 1 diabetes, the body does not produce insulin. The body breaks down the sugars and starches you eat into a simple sugar called glucose, which it uses for energy. Insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body. With the help of insulin therapy and other treatments, even young children can learn to manage their condition and

live long, healthy lives.

WHAT IS TYPE 2 DIABETES?

Diabetes is a problem with your body that causes blood glucose (sugar) levels to rise higher than normal. This is also called hyperglycemia. Type 2 diabetes is the most common form of diabetes.

If you have type 2 diabetes your body does not use insulin properly. This is called insulin resistance. At first, your pancreas makes extra insulin to make up for it. But, over time it isn't able to keep up and can't make enough insulin to keep your blood glucose at normal levels.

Facts About Type 2

Type 2 diabetes is the most common form of diabetes.

In type 2 diabetes a condition characterized by high blood glucose levels caused by either a lack of insulin or the body's inability to use insulin efficiently. Type 2 diabetes develops most often in middle-aged and older adults but can appear in young people. , your body does not use insulin properly. This is called insulin resistance the body's inability to respond to and use the insulin it produces. Insulin resistance may be linked to obesity, hypertension, and high levels of fat in the blood. This occurs most often in people with type 2 diabetes but people with type 1 diabetes can have insulin resistance, too. X. At first, the pancreas makes extra insulin to make up for it. But, over time your pancreas an organ that makes insulin and enzymes for digestion. The pancreas is located behind the lower part of the stomach and is about the size of a hand. X isn't able to keep up and can't make enough insulin to keep your blood glucose the main sugar found in the blood and the body's main source of energy. Also called blood sugar. levels normal. Type 2 is treated with lifestyle changes, oral medications (pills), and insulina hormone that helps the body use glucose for energy. The beta cells of the pancreas make insulin.

When the body cannot make enough insulin, it is taken by injection or through use of an insulin pump.

When glucoseThe food you eat gets digested and broken down into a sugar your body's cells can use. This is glucose, one of the simplest forms of sugar. builds up in the blood instead of going into cells, it can cause two problems: Right away, your cells may be starved for energy.

Over time, high blood glucose levels may hurt your eyes, kidneysthe two bean-shaped organs that filter wastes from the blood and form urine. The kidneys are located near the middle of the back. They send urine to the bladder.X, nerves or heart.

Some people with type 2 can control their blood glucose with healthy eating and being active. But, your doctor may need to also prescribe oral medications or insulin to help you meet your target blood glucose levels. Type 2 usually gets worse over time – even if you don't need medications at first, you may need to later on.

Some groups have a higher risk for developing type 2 diabetes than others. Type 2 diabetes is more common in African Americans, Latinos, Native Americans, and Asian Americans/Pacific Islanders, as well as the aged population.

WHAT IS GESTATIONAL DIABETES?

During pregnancy – usually around the 24th week – many women develop gestational diabetes. A diagnosisX the determination of a disease from its signs and symptoms.X of gestational diabetes doesn't mean that you had diabetes before you conceived, or that you will have diabetes after giving birth. But it's important to follow your doctor's advice regarding blood glucoseX the main sugar found in the blood and the body's main source of energy. Also called blood sugar.X (blood sugar1. A class of carbohydrates with a sweet taste, including glucose, fructose and sucrose. 2. A term used to refer to blood glucose.X) levels while you're planning your pregnancy, so you and your baby both remain healthy.

Pregnant women who have never had diabetes before but who have high

blood glucose the main sugar found in the blood and the body's main source of energy. Also called blood sugar. 1. A class of carbohydrates with a sweet taste, including glucose, fructose and sucrose. 2. A term used to refer to blood glucose. X) levels during pregnancy are said to have gestational diabetes. According to [a 2014 analysis by the Centers for Disease Control and Prevention](#), the prevalence the number of people in a given group or population who are reported to have a disease. of gestational diabetes is as high as 9.2%.

We don't know what causes gestational diabetes, but we have some clues. The placenta supports the baby as it grows. Hormones from the placenta help the baby develop. But these hormones also block the action of the mother's insulin in her body. This problem is called insulin resistance. Insulin resistance the body's inability to respond to and use the insulin it produces. Insulin resistance may be linked to obesity, hypertension, and high levels of fat in the blood. This occurs most often in people with type 2 diabetes but people with type 1 diabetes can have insulin resistance, too. X makes it hard for the mother's body to use insulin. She may need up to three times as much insulin a hormone that helps the body use glucose for energy. The beta cells of the pancreas make insulin. When the body cannot make enough insulin, it is taken by injection or through use of an insulin pump. X.

Gestational diabetes starts when your body is not able to make and use all the insulin it needs for pregnancy. Without enough insulin, glucose cannot leave the blood and be changed to energy. Glucose The food you eat gets digested and broken down into a sugar your body's cells can use. This is glucose, one of the simplest forms of sugar. X builds up in the blood to high levels. This is called hyperglycemia too much glucose in the blood. Fasting hyperglycemia is blood glucose above a desirable level after a person has fasted for at least 8 hours. Postprandial hyperglycemia is blood glucose above a desirable level 1 to 2 hours after a person has eaten. . You may also be interested in our book, [Diabetes & Pregnancy: A Guide to a Healthy Pregnancy](#).

HOW GESTATIONAL DIABETES CAN AFFECT YOUR BABY

Gestational diabetes affects the mother in late pregnancy, after the baby's body

has been formed, but while the baby is busy growing. Because of this, gestational diabetes does not cause the kinds of birth defects sometimes seen in babies whose mothers had diabetes before pregnancy.

However, untreated or poorly controlled gestational diabetes can hurt your baby. When you have gestational diabetes, your pancreas works overtime to produce insulin, but the insulin does not lower your blood glucose levels. Although insulin does not cross the placenta, glucose and other nutrients do. So extra blood glucose goes through the placenta, giving the baby high blood glucose levels. This causes the baby's pancreas an organ that makes insulin and enzymes for digestion. The pancreas is located behind the lower part of the stomach and is about the size of a hand. X to make extra insulin to get rid of the blood glucose. Since the baby is getting more energy than it needs to grow and develop, the extra energy is stored as fat one of the three main nutrients in food. Foods that provide fat are butter, margarine, salad dressing, oil, nuts, meat, poultry, fish and some dairy products. 2. Excess calories are stored as body fat, providing the body with a reserve supply of energy and other functions. .

This can lead to macrosomia, or a "fat" baby. Babies with macrosomia abnormally large; in diabetes, refers to abnormally large babies that may be born to women with diabetes. X face health problems of their own, including damage to their shoulders during birth. Because of the extra insulin made by the baby's pancreas, newborns may have very low blood glucose levels at birth and are also at higher risk for breathing problems. Babies with excess insulin become children who are at risk for obesity a condition in which a greater than normal amount of fat is in the body; more severe than overweight; having a body mass index of 30 or more. X and adults who are at risk for type 2 diabetes a condition characterized by high blood glucose levels caused by either a lack of insulin or the body's inability to use insulin efficiently. Type 2 diabetes develops most often in middle-aged and older adults but can appear in young people. X.

Statistics About Diabetes

Overall Numbers, Diabetes and Prediabetes

Prevalence the number of people in a given group or population who are reported to have a disease. : In 2015, 30.3 million Americans, or 9.4% of the population, had diabetes.

Approximately 1.25 million American children and adults have type 1 diabetes.

Undiagnosed: Of the 30.3 million adults with diabetes, 23.1 million were diagnosed, and 7.2 million were undiagnosed.

Prevalence in Seniors: The percentage of Americans age 65 and older remains high, at 25.2%, or 12.0 million seniors (diagnosed and undiagnosed).

New Cases: 1.5 million Americans are diagnosed with diabetes every year.

Prediabetes: In 2015, 84.1 million Americans age 18 and older had prediabetes condition in which blood glucose levels are higher than normal but are not high enough for a diagnosis of diabetes. People with prediabetes are at increased risk for developing type 2 diabetes and for heart disease and stroke. Other names for prediabetes are impaired glucose tolerance and impaired fasting glucose.X.

Deaths: Diabetes remains the 7th leading cause of death in the United States in 2015, with 79,535 death certificates listing it as the underlying cause of death, and a total of 252,806 death certificates listing diabetes as an underlying or contributing cause of death.

Diabetes in Youth

About 193,000 Americans under age 20 are estimated to have diagnosed diabetes, approximately 0.24% of that population.

In 2011—2012, the annual incidence a measure of how often a disease occurs; the number of new cases of a disease among a certain group of people for a certain period of time. of diagnosed diabetes in youth was estimated at 17,900 with type 1 diabetes a condition characterized by high blood glucose levels caused by a total lack of insulin. Occurs when the body's immune system attacks the insulin-producing beta cells in the pancreas and destroys them. The pancreas then produces little or no insulin. Type 1 diabetes develops most often in young people but can appear in adults. , 5,300 with type 2 diabetes a condition characterized by high blood glucose levels caused by either a lack of insulin or the body's inability to use insulin efficiently. Type 2 diabetes devel-

ops most often in middle-aged and older adults but can appear in young people.

Diabetes by Race/Ethnicity

The rates of diagnosed diabetes in adults by race/ethnic background are:

7.4% of non-Hispanic whites

8.0% of [Asian Americans](#)

12.1% of [Hispanics](#)

12.7% of [non-Hispanic blacks](#)

15.1% of [American Indians/Alaskan Natives](#)

The breakdown among Asian Americans:

4.3% for Chinese

8.9% for Filipinos

11.2% for Asian Indians

8.5% for other Asian Americans.

The breakdown among Hispanic adults:

8.5% for Central and South Americans

9.0% for Cubans

13.8% for Mexican Americans

12.0% for Puerto Ricans.

Deaths

Diabetes was the seventh leading cause of death in the United States in 2015 based on the 79,535 death certificates in which diabetes was listed as the underlying cause of death. In 2015, diabetes was mentioned as a cause of death in a total of 252,806 certificates.

Diabetes may be underreported as a cause of death. Studies have found that only about 35% to 40% of people with diabetes who died had diabetes listed anywhere on the death certificate and about 10% to 15% had it listed as the underlying cause of death.

Cost of Diabetes

Updated March 6, 2013

\$245 billion: Total costs of diagnosed diabetes in the United States in 2012

\$176 billion for direct medical costs

\$69 billion in reduced productivity

After adjusting for population age and sex differences, average medical ex-

penditures among people with diagnosed diabetes were 2.3 times higher than what expenditures would be in the absence of diabetes.

[Read more about the results of our study "Economic Costs of Diabetes in the U.S. in 2012."](#)

Diabetes Myths

On behalf of the millions of Americans who live with or are at risk for diabetes, we are committed to dispelling common myths and misconceptions around this chronic disease. Help us set the record straight and educate the world about diabetes and its risk factors by sharing the information below.

Get the facts about diabetes and learn how you can stop diabetes myths and misconceptions.

MYTH: IF YOU ARE OVERWEIGHT OR OBESE, YOU WILL EVENTUALLY DEVELOP TYPE 2 DIABETES.

Fact: Being overweight is a risk factor for developing this disease, but other risk factors such as family history, ethnicity and age also play a role. Unfortunately, too many people disregard the other risk factors for diabetes and think that weight is the only risk factor. Most overweight people never develop type 2 diabetes, and many people with type 2 diabetes are at a normal weight or only moderately overweight. Type 2 diabetes is a condition characterized by high blood glucose levels caused by either a lack of insulin or the body's inability to use insulin efficiently. Type 2 diabetes develops most often in middle-aged and older adults but can appear in young people. Type 2 diabetes is a condition characterized by high blood glucose levels caused by either a lack of insulin or the body's inability to use insulin efficiently. Type 2 diabetes develops most often in middle-aged and older adults but can appear in young people. Type 2 diabetes is a condition characterized by high blood glucose levels caused by either a lack of insulin or the body's inability to use insulin efficiently. Type 2 diabetes develops most often in middle-aged and older adults but can appear in young people.

MYTH: EATING TOO MUCH SUGAR CAUSES DIABETES.

Fact: The answer is not so simple. Type 1 diabetes is a condition characterized by high blood glucose levels caused by a total lack of insulin. Occurs when the body's immune system attacks the insulin-producing beta cells in the pan-

creas and destroys them. The pancreas then produces little or no insulin. Type 1 diabetes develops most often in young people but can appear in adults. X is caused by genetics and unknown factors that trigger the onset of the disease; type 2 diabetes is caused by genetics and lifestyle factors.

Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories from any source contributes to weight gain. Research has shown that drinking sugary drinks is linked to type 2 diabetes.

The American Diabetes Association recommends that people should avoid intake of sugar-sweetened beverages to help prevent diabetes. Sugar1. A class of carbohydrates with a sweet taste, including glucose, fructose and sucrose. 2. A term used to refer to blood glucose. -sweetened beverages include beverages like:

Regular soda

Fruit punch

Fruit drinks

Energy drinks

Sports drinks

Sweet tea

Other sugary drinks

These will raise blood glucosethe main sugar found in the blood and the body's main source of energy. Also called blood sugar. and can provide several hundred calories in just one serving!

See for yourself:

Just one 12-ounce can of regular soda has about 150 calories and 40 grams of carbohydrate. This is the same amount of carbohydrateAnother word for sugars. The main source of energy for the body. Carbs get digested quickly and easily into glucose. Carbs are the foods that affect blood glucose the most. Examples of carbs are fruits, starchy vegetables, breads, pastas, rice, sugar, syrup and honey. in 10 teaspoons of sugar!

One cup of fruit punch and other sugary fruit drinks have about 100 calories (or more) and 30 grams of carbohydrate.

MYTH: DIABETES IS NOT THAT SERIOUS OF A DISEASE.

Fact: Diabetes causes more deaths a year than breast cancer and AIDS combined. Having diabetes nearly doubles your chance of having a heart attack. The good news is that good diabetes control can reduce your risks for diabetes complications harmful effects of diabetes such as damage to the eyes, heart, blood vessels, nervous system, teeth and gums, feet and skin, or kidneys. Studies show that keeping blood glucose, blood pressure and low-density lipoprotein cholesterol levels close to normal can help prevent or delay these problems.

MYTH: PEOPLE WITH DIABETES SHOULD EAT SPECIAL DIABETIC FOODS.

Fact: A healthy meal plan for people with diabetes is generally the same as a healthy eating for anyone – low in saturated and trans fat one of the three main nutrients in food. Foods that provide fat are butter, margarine, salad dressing, oil, nuts, meat, poultry, fish and some dairy products. 2. Excess calories are stored as body fat, providing the body with a reserve supply of energy and other functions. , moderate in salt and sugar, with meals based on lean protein 1. One of the three main nutrients in food. Foods that provide protein include meat, poultry, fish, cheese, milk, dairy products, eggs, and dried beans. 2. Proteins are also used in the body for cell structure, hormones such as insulin, and other functions. X, non-starchy vegetables, whole grains, healthy fats and fruit. "Diabetic" foods generally offer no special benefit. Most of them still raise blood glucose The food you eat gets digested and broken down into a sugar your body's cells can use. This is glucose, one of the simplest forms of sugar. levels, are usually more expensive and can also have a laxative effect if they contain sugar alcohols sweeteners that produce a smaller rise in blood glucose than other carbohydrates. Their calorie content is about 2 calories per gram. Includes erythritol, hydrogenated starch hydrolysates, isomalt, lactitol, maltitol, mannitol, sorbitol, and xylitol. Also known as polyols (PAH-lee-alls.) X.

MYTH: IF YOU HAVE DIABETES, YOU SHOULD ONLY EAT SMALL AMOUNTS OF STARCHY FOODS, SUCH AS BREAD, POTATOES AND PASTA.

Fact: Starchy foods can be part of a healthy meal plan, but portion size is key.

Whole grain breads, cereals, pasta, rice and starchy vegetables like potatoes, yams, peas and corn can be included in your meals and snacks. In addition to these starchy foods, fruits, beans, milk, yogurt, and sweets are also sources of carbohydrate that count in your meal plan.

Wondering how much carbohydrate you can have? The amount of carbohydrate you need will vary based on many factors. You and your health care team can figure out the right amount for you. Once you know how much carb to eat at a meal, choose your food and the portion size to match.

MYTH: PEOPLE WITH DIABETES CAN'T EAT SWEETS OR CHOCOLATE.

Fact: If eaten as part of a healthy meal plan, or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more "off limits" to people with diabetes than they are to people without diabetes. The key to sweets is to have a very small portion and save them for special occasions so you focus your meal on more healthful foods.

MYTH: YOU CAN CATCH DIABETES FROM SOMEONE ELSE.

Fact: No. Although we don't know exactly why some people develop diabetes, we know diabetes is not contagious. It can't be caught like a cold or flu. There seems to be some genetic link in diabetes, particularly type 2 diabetes. Lifestyle factors also play a part.

MYTH: PEOPLE WITH DIABETES ARE MORE LIKELY TO GET COLDS AND OTHER ILLNESSES.

Fact: You are no more likely to get a cold or another illness if you have diabetes. However, people with diabetes are advised to get flu shots. This is because any illness can make diabetes more difficult to control, and people with diabetes who do get the flu are more likely than others to go on to develop serious complications.

MYTH: IF YOU HAVE TYPE 2 DIABETES AND YOUR DOCTOR SAYS YOU NEED TO START USING INSULIN, IT MEANS YOU'RE FAILING TO TAKE CARE OF YOUR DIABETES PROPERLY.

Fact: For most people, type 2 diabetes is a progressive disease. When first diagnosed, many people with type 2 diabetes can keep their blood glucose at a healthy level with oral medications. But over time, the body gradually produces less and less of its own insulin, and eventually oral medications may not be enough to keep blood glucose levels normal. Using insulina hormone that helps the body use glucose for energy. The beta cells of the pancreas make insulin. When the body cannot make enough insulin, it is taken by injection or through use of an insulin pump. to get blood glucose levels to a healthy level is a good thing, not a bad one.

MYTH: FRUIT IS A HEALTHY FOOD. THEREFORE, IT IS OK TO EAT AS MUCH OF IT AS YOU WISH.

Fact: Fruit is a healthy food. It contains fiberThe part of food that is hard to digest. Foods high in fiber take longer to digest and therefore affect your blood glucose more slowly (i.e. whole wheat bread, prunes and other vegetables)X and lots of vitamins and minerals. Because fruits contain carbohydrates, they do raise blood glucose (also called blood sugar) and need to be included in your meal plan. Talk to your dietitiana health care professional who advises people about meal planning, weight control and diabetes management. A registered dietitian (RD) has more training about the amount, frequency and types of fruits you should eat.

Upcoming Events

November 20 6:30	Manchester Lions Board Meeting at Jutras
December 3 Morning	Breakfast/Pictures with Santa
December 4 4:45	Kids Café at Salvation Army, Cedar Street
December 5 6:30	Manchester Lions Holiday Dinner at Jutras
Post/White Elephant	
December 9 1:45	Veterans Hospital Holiday Party
<i>Note – No December Board Meeting</i>	
January 9 6:30	Manchester Lions Membership Meeting

Congratulations to

- **Jay Rodriguez, Zone I Lion of the Quarter**
- **Bruce Worthen on his retirement**
- **Jean Lemire on his 80th birthday**

Get well wishes to

- **Marie Worthen**
- **Jackie Lemire**

Thank you to all the members who donated for the Kids Café Christmas Tree Gift Giving. If you would like to donate and didn't, Mary Steele is still accepting money.



MANCHESTER LIONS CLUB
Annual Breakfast with Santa

Sunday, December 3, 2017

**William H. Jutras Post #43,
56 Boutwell Street, Manchester**

Pancakes and Sausage



\$5. Person/\$20. Per family



8am to 11 am

There is a small fee for pictures with Santa.

All proceeds to benefit the Manchester Lions Charitable Projects