

How to prevent/control Diabetes and avoid complications

Eat Healthy

Try to eat foods with reduced salt, fat and sugar.

Read the food ingredients panel on packaging. Use the 100g column and choose foods with 10g per 100g in fat and sugar and less than 120mg per 100g in sodium.

Regular Physical Activity

- Brisk Walking • Swimming • Golf (no cart)
- Lawn Bowls • Washing Car • Walking Dog
- Yard and Garden work • Dancing
- Even Mopping and Vacuuming.

Flexibility Activities

- Tai Chi • Lawn Bowls • Yoga • Dancing • Gardening
- Stretching exercises.

Not Smoking

All the above are beneficial for Non Diabetics as well as Diabetics and all would benefit from not smoking and reducing alcohol intake.

DON'T find an excuse **NOT** to do it. You have the best reason to do it – **YOUR HEALTH!**



Lions Australia



Diabetes Foundation



The late PDG John Hayes OAM was the long-time chairman of the Foundation and was involved in the formation of the Foundation in 1992.

For a donation of \$1000.00 payable over two years, you can show your appreciation by presenting this attractive plaque to a person or organisation and at the same time, you are assisting the Foundation to make grants to various professors, researchers and doctors in their work to assist diabetics. John passed away April 2019

Any donations to the Foundation are gratefully received. Donations are tax-deductible under the Income Tax Assessment Act 1997. Donations can be made direct to the Foundation's bank account:

BSB 032-569 Account 58-0405

**Or by mail to -
Lions Australia Diabetes Foundation
P.O. Box 455, Mayfield NSW 2304**

Email: diabetes@ozemail.com.au
www.lionsclubs.org.au/activities/health/diabetes-2/
www.lionsclubs.org.au/members/diabetes-foundation

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Lions Australia



Diabetes Foundation



Lions Australia Diabetes Foundation

Formerly known as the Lions District 201N3 Diabetes Foundation, the Foundation was constituted by a resolution of the 1992 District 201N3 Convention, with the Foundation governed by a Trust Deed.

The principal aims of the Foundation are to fund research into the causes and treatment of diabetes and to raise awareness and provide education to the end that there may be improved care and support for people who have diabetes or are at risk of developing diabetes.

There are three Trustees, each of whom is elected for a three year term by the 201N3 District Convention. There is also a Management Committee of four other Lions appointed by the trustees.

All Trustees and members of the Committee of Management serve in an honorary capacity.

Lions, Lioness and Leos clubs from every District in Australia have generously supported the Foundation.

The trustees welcome applications from all clubs in Australia to provide grants in furtherance of the Foundations' aims.



Diabetes is becoming more prevalent in the community. Whether because of better diagnoses or because of our lifestyle, it is a growing problem that can affect children as well as adults of any age.

Lions International has adopted Diabetes as one of the 5 key focus areas. It is hoped that with help from the world wide Lions organisation improvement in control and treatment will be found.

Symptoms of Diabetes

A person is diagnosed with Diabetes every 5 minutes.

Symptoms can be one or any combination of those listed below.

- **Being excessively thirsty**
- **Passing more urine than in the past.**
- **Feeling tired and lethargic**
- **Always feeling hungry**
- **Having cuts and sores that heal slowly**
- **Blurred vision**
- **Itching skin infections**
- **Unexplained weight loss**
- **Mood swings**
- **Headaches**
- **Feeling dizzy**
- **Leg cramps**

If any of these symptoms occur, please see a doctor and, through a simple test, the condition can be diagnosed.

Please be aware that symptoms may not be obvious, and it would be advisable to have a regular check up with your doctor after the age of 45.

If undiagnosed can cause heart attacks, vision problems even blindness, kidney disease, foot ulcers and limb amputations.



Type 1 Diabetes

Type 1 Diabetes represents 10% to 15% of all cases of Diabetes in Australia.

Type 1 usually develops in childhood or young adulthood although it can occur at any age.

The exact cause of Type 1 is not yet known but we know it has nothing to do with lifestyle, although maintaining a healthy lifestyle is very important in helping to manage Type 1.

Type 2 Diabetes

Type 2 Diabetes represents 85% to 90% of all cases of Diabetes in Australia.

Type 2 Diabetes is a chronic condition that occurs when the pancreas does not produce enough insulin to meet the body's needs.

- It is more likely to develop in people with a family history of Type 2 or from particular ethnic backgrounds.
- Usually develops in adults over the age of 40 years but is increasingly occurring in younger age groups.
- The complications from diabetes could be prevented or delayed by early detection and management.

Type 2 Diabetes is usually a progressive disease. Most people will need to take oral medication or insulin injections. This is in addition to making lifestyle changes, such as following a healthy eating plan, doing regular physical activity and having regular health checks.

Gestational Diabetes

Gestational Diabetes is a form of diabetes that occurs in women during pregnancy.

About 12-14% of pregnant women will develop gestational diabetes, usually around the 24th to 28th week of pregnancy.

Most women will no longer have diabetes after the baby is born. However, some women will continue to have high glucose levels after delivery.

But speak to your medical professional regarding this.

As with any type of Diabetes healthy eating & exercise can help to control diabetes.

Diabetes