

August 2017

# *SIGHT SAVER EYELIGHTS*



*Florida Lions Diabetic Retinopathy Foundation \* FLDRF.ORG  
Diabetes Awareness Foundation of MD-35 \* DAFMD35.ORG*

*P.O. BOX 1407  
DELAND, FL 32721-1407*

## **“THE POWER OF WE”**

**In Chicago, at our Centennial Convention, Lions Clubs International President Naresh Aggarwal introduced the slogan “The Power of We” to describe how working together we can accomplish so much more than each of us working alone.**

**How fitting that he should adopt an inspirational slogan which describes what we have accomplished here in the Multiple District. By joining together, we have had a major impact on the health of our communities, identifying those at risk for Diabetes as well as those with complex eye disorders which, if left untreated, could be devastating. None of this success would be possible without the visionary leadership of Lion Norma Callahan, and the commitment of you, the dedicated volunteers who work tirelessly in this effort.**

**Part of our mission extends beyond screening for high blood glucose and detecting eye disorders. Educating the public on the dangers that we see every day is a critical effort that we sometimes overlook.**

**Current research indicates links between Diabetes and memory disorders, liver disorders, and many more. As we serve our communities through our screening programs, remember that education as well as screening increases the impact of our work.**

**It all depends on you, for you are....“ The Power of We”**

## NORMA'S CORNER

**Our Blood Sugar and Retinopathy screening this new Lionistic year is off to a great start. We have been screening every weekend.**

**Documentation accuracy is much improved due to our training classes emphasis on preventing errors. We find less than 1% errors and appreciate the time taken to complete the annual recertification classes which is directly responsible for this improvement.**

**The decision of LCI/LCIF to make Diabetes one of the five focus areas, along with Vision, for the next 5 to 10 years means that all of our screeners are on the cutting edge of change in the worldwide mission of service. As part of the DWG (Diabetes Working Group), I am eager to share in the near future the major goals that LCI/LCIF have for us. I will be sending out surveys in the very near future to all of my screeners. Please make sure that if you are not currently on our monthly zoom meetings follow the instructions in this newsletter on how to participate. If you are not on our mailing list, please email [lionjoel@comcast.net](mailto:lionjoel@comcast.net) to get on it. It will keep you up to date, as I will share as I learn more. I am off to our first intense meeting of DWG on August 6-9.**

**Please remember the Florida Lions Diabetic Retinopathy Foundation needs support. We have received all of our grant monies and need to fundraise to support Retinopathy screening in our Multiple District. Life and Progressive Life Memberships are available for a donation of \$100. It is critical that we have enough funds to continue the work in this important area.**

**There are currently 22 certified retina screeners. We just received our last camera and this gives us a total of 8 available for use, including one from The District I Foundation. Lion Dr. Kaushal MD, Retina Specialist is reading the images and identifying participants needing follow up for identified eye conditions. He feels that this screening is one of the most important projects we can do and have done.**

## DIABETIC RETINOPATHY FOUNDATION LIFE MEMBER PIN



**LIFE MEMBERSHIP \$ 100 DONATION**  
**SHOW YOUR PRIDE....HELP YOUR FOUNDATION**

## **LIONS DIABETES AWARENESS FOUNDATION OF MULTIPLE DISTRICT 35**

### **Upcoming Training Classes**

**BLOOD SUGAR SCREENER TRAINING WILL BE HELD ON THE FOLLOWING  
DATES AND LOCATIONS:**

- **September 16, 2017 Wesley Chapel**
- **September 23, 2017 11AM-3PM, St. Augustine Main Library**
- **September 30, 2017 10-2, OTOW, Estelle house Ocala**

# DIABETES NEWS UPDATES

## **Diabetes and Alzheimer's Linked** By Mayo Clinic Staff

Diabetes may increase your risk of Alzheimer's. Reduce this risk by controlling your blood sugar. Diet and exercise can help.

Diabetes and Alzheimer's disease are connected in ways that aren't yet fully understood. While not all research confirms the connection, many studies suggest people with diabetes, especially type 2 diabetes, are at higher risk of eventually developing Alzheimer's dementia or other dementias. *Taking steps to prevent or control diabetes may help reduce your risk of cognitive decline.*

### **Understanding the connection**

Diabetes can cause several complications, such as damage to your blood vessels. Diabetes is considered a risk factor for vascular dementia. This type of dementia occurs due to brain damage that is often caused by reduced or blocked blood flow to your brain.

Many people with diabetes have brain changes that are hallmarks of both Alzheimer's disease and vascular dementia. Some researchers think that each condition fuels the damage caused by the other.

Ongoing research is looking at trying to better understand the link between Alzheimer's and diabetes. That link may occur as a result of the complex ways that type 2 diabetes affects the ability of the brain and other body tissues to use sugar (glucose) and respond to insulin.

Diabetes also may increase the risk of developing mild cognitive impairment, a condition in which people experience more thinking (cognitive) and memory problems than are usually present in normal aging. Mild cognitive impairment may precede or accompany Alzheimer's disease and other types of dementia.

As researchers examine the connections between diabetes and Alzheimer's, they're also studying potential ways to prevent or treat both diseases

## **If I have diabetes, is there anything special I need to do to take care of my liver?**

Answers from M. Regina Castro, M.D.

**You're wise to wonder about steps to protect your liver. Diabetes raises your risk of nonalcoholic fatty liver disease, a condition in which excess fat builds up in your liver even if you drink little or no alcohol.**

**This condition occurs in at least half of those with type 2 diabetes and close to half of those with type 1. Other medical conditions, such as obesity, high cholesterol and high blood pressure, also raise your risk of nonalcoholic fatty liver disease.**

**Fatty liver disease itself often causes no symptoms. But it raises your risk of developing liver inflammation or scarring (cirrhosis). It's also linked to an increased risk of liver cancer and heart disease.**

**Fatty liver disease may have even played a role in the development of your type 2 diabetes initially. Once you have both conditions, poorly managed type 2 diabetes can make fatty liver disease worse.**

**Your best defense against fatty liver disease includes these strategies:**

- **Work with your health care team to achieve good control of your blood sugar.**
- **Lose weight if you need to, and try to maintain a healthy weight.**
- **Take steps to reduce high blood pressure.**
- **Keep your low-density lipoprotein (LDL, or "bad") cholesterol and triglycerides — a type of blood fat — within recommended limits.**
- **Don't drink too much alcohol.**

# Diabetes - A Personal Perspective

*Thank you to Mark Kaffee for sharing his personal story with us. For many non-diabetics it becomes a story of numbers and insulin injections, but this is about much, much more*

## **COPING WITH CHANGES..A DIABETIC'S PERSPECTIVE AND INSIGHT**

### **LIVING WITH TYPE 1 DIABETES FOR 50 + YEARS**

by Mark Kaffee, Saint Augustine Lions Club, Diabetes Awareness Foundation Board Member

I was asked to write an article to address an issue which does not receive a lot of attention, as it relates to managing Diabetes and changes. By this, I simply mean that Diabetes is a progressive disease. Even if you practice good management tools and discipline, and do everything right, changes will ultimately happen. This does not mean that your Diabetes is getting worse, it's just the reality of the disease.

My goal with this article is to provide insight of a Diabetic who has coped with many issues from my diagnosis at the age of 9 to today. I have over 50 years of experience with Diabetes, which I can use to help educate and build awareness to those of you personally dealing with your own questions. I can help inform the community at large and assist those with loved ones affected by Diabetes so they can have a better understanding of the impact that Diabetic management has on their loved one.

Changes are the underlining issues that are not apparent and may be subtle at first. Recognizing changes is the key and the ability to discuss with your doctor and / or healthcare provider is important. DO NOT adjust or change/ stop taking medication, basil levels, etc. without your doctor's consent and direction!

**The first change is the ability of the body to absorb insulin. This impacts the amount of insulin that a Type 1 Diabetic takes to manage their daily health. This is the cornerstone to basic control for Type 1's and is important to insure overall health and control. A diabetic who uses a pump to deliver insulin as part of their daily therapy may notice that certain areas of their body do not or cannot absorb insulin. This may be due to the impact of scar tissue over time.**

**If this is the case, identification of these spots is very important and must be avoided to prevent either a complete failure of insulin delivery or partial delivery resulted in dangerously high glucose levels. This can also produce dangerously high ketones levels in your blood, known as Ketoacidosis.**

**In addition, over time, diabetics may find that the reaction time of insulin changes. Because of this, modification may need to be made in the insulin rates delivered by pump or injections. Both the timing and monitoring of blood glucose levels need to be reviewed to keep a more accurate evaluation of dietary plans. The impact of certain carbohydrates may also change with time. Certain foods, such as pasta, rice or fruit may now peak in your body quicker or later. It's a balancing act to maintain good diabetic control.**

**The final change that I would like to bring to your attention is what I refer to as the internal warning system. This varies a lot in diabetics and is the indication your body gives you that your blood sugar is low. Some diabetics "alarm" goes off internally with very short notice, while others have a more extended warning sign. It seems to me that over the years most all diabetics I have met have different signs and characteristics to warn them of dropping blood sugar levels. These indicators are changed in a large part due to Neuropathy, a condition that effects the nerves and is a complication of Diabetes.**

**In closing, it's very important to not only continue to monitor and be aware of the changes that will take place over time, but develop a discipline to not become complacent when it comes to the management of Diabetes. Never assume anything and prepare for the unexpected. Take syringes and insulin with you to respond to equipment failures, such as pump related issues to the delivery of insulin. Test blood sugars before driving a car. For most of us this is routine, but also a part of our lives managing Diabetes. We depend on our support network to help us. Those of you that are part of this network, I hope I have equipped you with additional information from the perspective of a diabetic that allows you to have more of a positive impact!**

# ZOOM – THE FUTURE IS NOW

**THE DIABETES AWARENESS AND RETINOPATHY BOARD  
MEETINGS WILL TAKE PLACE MONTHLY USING ZOOM  
(INSTRUCTIONS FOR ZOOM ARE BELOW)**

**Please take a minute to mark your calendar with the Zoom Meeting Dates for the remainder of the year.**

**All calls will be the third Tuesday of the month at 7:00 PM.**

**The access codes, etc. will always be the same. Changes or cancellations, if any, will be communicated in advance.**

***Instructions for creating a shortcut on your PC desktop screen to access the meetings can be found below.***

**August 15, 2017**

**Sept 19, 2017**

**October 17, 2017**

**November 21, 2017**

**December 19, 2017**

**January 16, 2018**



## **How to Join the Meetings:**

**Join from PC, Mac, Linux, iOS or  
Android: <https://zoom.us/j/8245728510>**

**Or I Phone one-tap (US Toll): +14086380968, 8245728510# or  
+16465588656, 8245728510#**

**Or Telephone:**

**Dial: +1 408 638 0968 (US Toll) or +1 646 558 8656 (US Toll)**

**Meeting ID: 824 572 8510**

**International numbers**

**available:[https://zoom.us/zoomconference?m=wAGAXUXhpmDIZR67  
UJZbWFtECntxTuf-](https://zoom.us/zoomconference?m=wAGAXUXhpmDIZR67UJZbWFtECntxTuf-)**

**PC's: To Set-Up a Desktop Icon for easy access to all upcoming  
Diabetes Retina Zoom meetings please follow these steps:**

**Scroll Over, right click and COPY this address: <https://zoom.us/j/8245728510>**

**Go to your computer's desktop screen and RIGHT click**

**Select NEW Select SHORTCUT**

**In the box "*Type location of the item*" – Right Click and PASTE in the address  
copied in step 1. Click on NEXT**

**In the box "*Type a name for this shortcut*" –Type DIABETES RETINA ZOOM**

**Click on FINISH THEN Find the shortcut on your desktop**

**Now that you have a new icon on your PC\* desktop that you can left double-  
click it to enter Diabetes Retina Zoom Meetings.**

You can test it now. After clicking you should see:

*“Your meeting will start in a few seconds”*

–then the Zoom Meeting should open.

Because no one else is in the ‘room’ you will most likely see only a black Zoom screen during this test.

If you want to move the shortcut icon to a different place on your screen, left click on the icon (don’t release – hold the mouse button down) and drag the icon with your mouse to the location of your choice. Release.

If you need help with ZOOM please reach out to Gregg Evans, Larry Feldhusen or Donna Norton. **\* If you use MAC and do not know how to set this up on MAC, let Donna know and she will try to find instructions for you.**

## SCREENING VIEWS AND NEWS



**Lions from Fort Pierce, Port St Lucie West and Sebastian Lions Clubs at The St Lucie County Fair Blood Sugar and Retinopathy screening booth**

**WHO DO WE SERVE?**

**WHY DO WE SERVE?**

**HOW DO WE SERVE**



**THIS IS YOUR PAGE**

**FILL IT UP WITH:**

- PICTURES OF YOUR EVENTS
- HEARTWARMING STORIES
- ARTICLES YOU WANT TO SHARE ABOUT DIABETES
- OTHER STUFF

**SEND IT TO ME AT: [LionJoel@Comcast.net](mailto:LionJoel@Comcast.net)**

