



September 2005

# Port City Lions Club Monthly News

Web Page <http://galions.org/18b/portcity/>

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## Cow Patty Bingo

Cow Patty Bingo is a new project that we are working on. Our program on September 20th will be presented by Mike DelCampo who is arranging the project. He will be available to answer any questions about the project and help us decide on the goals.

## Diabetes news

Researchers have developed a new diabetes blood test known as the **hemoglobin A1c test**. This simple lab test records the average amount of sugar in the blood during the past three months. Only a health-care provider can perform the new hemoglobin A1c test.

Researchers have also discovered a connection between diabetes and both high blood pressure and high cholesterol. Studies have proven that people with diabetes are twice as likely as people without diabetes to suffer a heart attack or stroke.

It is suggested that people at risk of developing Type 2 diabetes:

- undergo a hemoglobin A1c test;
- control their blood pressure;
- maintain low levels of low-density lipoprotein (LDL) or "bad cholesterol."

### Lions can help

November is **Lions Diabetes Education Month**. WHO and the International Diabetes Federation declared November 14 as World Diabetes Day.

The mission statement of the Lions Diabetes Awareness Program is: *To conduct and support local and large-scale efforts leading to the control and treatment of diabetes and its complications through education, prevention, and research.*

Lions can provide assistance in three ways:

1. help educate the public about the warning signs of diabetes;
2. provide aid to persons who have diabetes;
3. support diabetes research.

### Planning a diabetes project

Lions should begin planning diabetes projects by contacting their district diabetes awareness chairman. This Lion should be aware of local and regional dia-

betes programs. It is suggested that this Lion serve on state or regional diabetes awareness committees. Together, district and club-level diabetes chairmen can organize effective diabetes programs. This may involve:

- participation in an existing diabetes program;
- development of a new community-wide project among diabetes organizations;
- creation of a new Lions-organized diabetes project.

Before developing any project, Lions should:

- **Evaluate community needs.** Does your community have a large "at-risk" population (persons who are elderly, overweight, or who belong to specific ethnic groups)? Is diabetes prevalent in the community? What is the best way to assist this population?
  - **Partner with local diabetes organizations.** Contact local government agencies, private diabetes foundations, or hospitals. Suggest forming a partnership for diabetes education programs or fundraisers.
  - **Determine the best diabetes project for your community.** Local health care regulations may affect your choice of diabetes awareness projects.



## Birthdays and Anniversaries

<b>Anniversary</b> Jon Alan Lichner	September 7
<b>Birthday</b> Richard S. Mizell	September 16

- **Outline a plan.** Include procedures and costs involved in implementing the project. Submit the plan to your club for approval.

### Additional diabetes project ideas

- Distribute information about diabetes risk factors and warning signs at health fairs, senior citizens fairs, and community festivals. National Diabetes Education Program (NDEP) or the American Diabetes Association (ADA), have diabetes information.
- Arrange public forums, seminars, or workshops about diabetes. This can include public speaking engagements for local health care professionals;
- Volunteer to assist with diabetes screenings, educational programs, or fundraisers at local hospitals, diabetes clinics, or research facilities.