



DREAM CATCHER NEWS

MN Lions Diabetes Foundation, Inc.

"Catch the Dream" Life Without Diabetes!



www.mnlionsdiabetes.org facebook.com/MinnesotaLionsDiabetesFoundation

Spring 2015

Mission Statement

The Minnesota Lions Diabetes Foundation, Inc. (MLDF) is dedicated to improving the quality of life for people with diabetes by funding research to cure diabetes, providing education and sponsoring preventive health activities.

Foundation News

Lions of Minnesota, we shared with you in our first newsletter what our foundation is doing to fund diabetes research. Providing education is our second focus area. We have developed a three year plan called Diabetes Education and Awareness. Our MN Lions Diabetes Foundation, Inc. (MLDF) has partnered with the American Diabetes Association (ADA) to create awareness for the *one in four* of us who are at risk for Type 2 diabetes. We are using the ADA "Are You At Risk" brochure to help Lions and others realize their risk factors. In Year 1 of our plan, we are surveying our MLDF Trustees, MD5M District Cabinets and will be encouraging Lions attending our District Midwinter Conventions to take this survey. Trustees will begin to survey Lions Clubs when we do our diabetes presentations. Lions and others who are classified "at risk" are being encouraged to see their health provider and request an A1C health screening test. In Year 2, our goal is to encourage Zones to start working on a Diabetes Awareness Project to help their Lions Club and their community members be more aware of the 1 in 4 of us that are at risk for prediabetes. In Year 3, our goal is that every club will partner with community health systems/providers, schools, businesses, churches or any community organization that will help create awareness for diabetes. For our

Lions Centennial Year in 2017, we are being challenged to do special community service projects. Please consider making it a diabetes awareness project for your community. If you are one of the fortunate people who have not been diagnosed with Type 2 diabetes...will you be able to say that by 2017? Don't wait and wish that you could turn back the clock...do something NOW with an easy life style change!! We Care!! We need *your help* to fight diabetes!

Lions Research Update and Tour

All Lions and Guests are invited to hear about exciting developments in diabetes prevention and cure research from world-leading scientists at the University of Minnesota.

Saturday, March 28th, 2015

At: Center for Magnetic Resonance Research,
U of M 2012 Sixth Street SE, Mpls, MN 55455
-9:15 am – Tour 1 -or- -10:30 am – Tour 2

-11:30 am – Light lunch and Program to

follow **RSVP** on line at

www.rsvp.umn.edu/2015LionsUpdate

Any Questions or to RSVP via email, contact Rachel at racheln@umn.edu with names of each attendee, address, and tour option (tours are the same). You will be emailed an event confirmation and directions.

-Learn from three nationally recognized scientists who are leading some of the most promising diabetes research aimed at both preventing and curing diabetes. Tour the immunology research labs and imaging magnets where this research takes place.

Not sure this is worth your time? Ask your District's MLDF Trustees and others who have attended.



Sanford Center in Bemidji Receives a Hyperbaric Therapy Chamber

Sanford Center in Bemidji now offers the latest in healing technology. The wound care specialists at the Sanford Bemidji Wound Care & Hyperbaric Center use state-of-the-art technology and training to deliver comprehensive, compassionate care to those with non-healing wounds.

Hyperbaric oxygen therapy is a non-invasive, painless course of treatment for a variety of illnesses and conditions. During treatment, you breathe pure oxygen at a pressure of two to three times higher than the external atmosphere. The pressure increases oxygen saturation in your blood and surrounding tissues up to 1,000 percent. Increased oxygen delivery to tissue stimulates the release of growth factors and stem cells, which promote healing and fight infection.

The sophisticated Sechrist Monoplace 4100 Hyperbaric Chamber, the largest single-person hyperbaric chamber on the market, is used.

Patients with diabetic ulcers are the primary candidates for hyperbaric oxygen treatment. This treatment along with advanced wound care once a week and good diabetes control have shown to significantly reduce the need for amputations as well as help the wounds heal.

<http://www.nchs.com/woundcare>

5M8 Lions Diabetes Screening Event

The District 5M8 Foundation along with five Lions Clubs sponsored a successful Diabetes event at Gateway Clinic in Sandstone on November 6.

Sixty-one people had the A1C test, which is a non-fasting blood test that provides information about a person's average levels of blood glucose over the past 3 months. This test is used to help diagnose type 2 diabetes and pre-diabetes.

Eight people were in the diabetic category, and 7 people were in the pre-diabetic category, which totals 24.6% of the people tested. In addition to the A1C test, a diabetes nurse was giving the finger stick glucose test and answering questions about diet and diabetes, and other staff was doing blood pressures.

This event was collaboration between Gateway Clinic, Essentia Health, Thrifty White Pharmacy and the Lions Clubs of Askov, Finlayson-Giese, Hinckley, Sandstone and Sandstone Quarry.

Great Team Work!



March 24th is American Diabetes Association Alert Day®. This is held every fourth Tuesday in March as a one-day, "wake-up call" asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes. Don't let diabetes sneak up on you. Be aware of the symptoms and risks.

See you at the University of Minnesota on March 28th.

THANK YOU LIONS FOR YOUR FUNDING
SUPPORT AND ALL YOU DO TO PROMOTE
DIABETES AWARENESS!!