



District 410B

Diabetes Awareness

Dear Fellow Lions,

November 2009 is Diabetes Awareness month in South Africa and I would encourage each Club in the Multiple District 410 to try and get involved in Diabetes Screening this year. Not only is the detection of a possible Diabetic, a life saving opportunity afforded to each Lion's Club, but it is also a wonderful Public Relations exercise for the Lions movement. To be seen in public, doing something on the community service front, with our banners and advertising material on display is just such a good advertisement for our organisation.

Why is the detection of diabetes so important you may ask? Persons with high sugar readings (over 10) literally do not have blood flowing through their blood vessels, but have syrup being forced through the arteries, veins and capillaries of the body. This extra pressure needed to circulate the blood causes massive damage to the small blood vessels in the eyes, kidneys, fingers and toes and would result in possible blindness, renal failure or gangrene and then amputation of the limbs.

To organize a Diabetes Screening day for your Club is really not that difficult. All that is required is a suitable venue, a testing device and strips, and a healthcare professional such as a nurse, pharmacist or doctor and you are about there. A busy shopping centre is a good venue as there are always enough people around to screen. Most shopping centres in my experience welcome a screening day, because if the free test is advertised prior to the event, this encourages people to visit that shopping mall on that particular day.

I would be glad to help your Club with advice on purchasing or borrowing a testing machine. If you require more information, or need any help organising your screening day, please feel free to phone me at my pharmacy during office hours at 017-7121375. If I am too busy to speak to you at that moment, I will take your number and get back to you. If you wish to contact me electronically, my e-mail is peterdaniel@mweb.co.za.

So start planning now and let us put Lions on the map!!!

Yours in Lions,
Peter Daniel.
MDC Diabetes Awareness