

Minnesota Lions Diabetes Foundation Update



New Year Resolutions

January is a time when many implement personal changes with a focus on improving health – from making healthier food and beverage choices to being more physically active. There is good news about choosing to make healthy choices! Physical activity, as well as healthy food and drink choices, help prevent diabetes, and help maintain and restore health.

Physical Activity Challenge

Minnesota Lions Diabetes Foundation is again challenging Minnesotans and beyond to a **three-month physical activity challenge** to raise funds for diabetes research and education. The challenge will be February 1 – April 30, 2023. During the challenge, participants will be encouraged to be active indoors or outdoors at least 15 miles each month. (Walk, swim, curl, roll, run, ski, snowshoe, cycle, bowl, shovel snow – whatever you enjoy doing!) Watch for your challenge invitation and recruit your family and friends in Minnesota and across the world to participate wherever they are!

Health Conditions Related to Diabetes

The Centers for Disease Control and Prevention (CDC) report the following conditions commonly associated with diabetes.

- **Chronic Kidney Disease.** Approximately 1 in 3 people who live with diabetes are diagnosed with chronic kidney disease. Every 24 hours, 170 diabetics begin treatment for kidney failure.
- **Foot Health.** About one-half of all people with diabetes have some type of nerve damage with nerves in feet and legs most often affected and potentially leading to losing feeling in feet.
- **Hearing Loss.** People living with diabetes are twice as likely to have hearing loss than people who are not diabetic. People who are diagnosed with prediabetes (blood sugar levels higher than normal but not high enough to be diagnosed with type 2 diabetes) have a 30% higher rate of hearing loss than people with normal blood sugar.
- **Heart Disease.** Diabetics are two times more likely to have heart disease or a stroke than those who are not diabetic.
- **Mental Health.** People with diabetes are 2 to 3 times more likely to have depression than people without diabetes, impacting how people with diabetes function, including managing their diabetes.
- **Nerve Damage.** One-half of all people living with diabetes experience nerve damage. Peripheral nerve damage affects hands, feet, legs, and arms leading to infections, sores that do not heal, ulcers and amputations. Autonomic nerve damage affects heart, bladder, stomach, intestines, sex organs, or eyes. Proximal nerve damage affects thighs, hips, buttocks, or legs, stomach and chest area. Focal nerve damage affects hand, head, torso, or legs.
- **Oral Health.** High blood sugar can weaken white blood cells, the body's primary way to fight infections in the mouth and can cause infections, tooth decay, cavities and gum disease.
- **Vision Loss.** Diabetes is the leading cause of blindness. Diabetic retinopathy, macular edema, cataracts, and glaucoma are among the eye conditions commonly experienced by people with diabetes.

Mark Your Calendar for Diabetes Research Update

Minnesota Lions Diabetes Foundation is committed to supporting research for treatments and a cure for diabetes. MLDF has invited University of Minnesota researchers to present at its annual update on Saturday, March 18. Watch for more information and your invitation to learn about the achievements made research and our goal of *Life Without Diabetes*.

Club Visits and Diabetes Service Projects

Please contact your 5M-5 MLDF Trustees, Lion Sara or Lion Paul, to learn more about diabetes and diabetes service projects, and to schedule your club visit (in-person, or online).

Your support of MLDF is making a difference for countless people in your community and across the world, as new treatments are developed and progress toward a cure for diabetes advances.