



# MD6 Lions Diabetes Awareness & Action



August 2017

PLEASE SEE PAGES 4-6 FOR IMPORTANT INFORMATION ABOUT WORLD DIABETES DAY.

## American Diabetes Association. Tour de Cure

### 2017 Step Out: Colorado - Now part of Tour de Cure

Parker, CO  
September 9, 2017

### Join Our Team or Form a Team

You may have heard that Colorado Rocky Mountain Cyber Lions Club will participate in the American Diabetes Association's Tour de Cure/Step Out Walk in Parker, CO September 9, 2017.

We are shooting to raise at least \$1000 and become a "Champion to Stop Diabetes". Champions are leaders in the quest to prevent and cure diabetes once and for all.

Whether you donate \$25 or \$250, know that your contribution will help the Association provide community-based education programs, protect the rights of people with diabetes and

fund critical research for a cure.

Please help us in our mission to become a Champion by clicking on the links below to make a donation.

Your generosity would mean so much!

#### Team Name:

**Colorado Rocky Mountain Cyber Lions Club**

[https://donations.diabetes.org/site/Donation2?idb=80190256&df\\_id=19029&FR\\_ID=11751&mfc\\_pref=T&PROXY\\_ID=738850&PRO](https://donations.diabetes.org/site/Donation2?idb=80190256&df_id=19029&FR_ID=11751&mfc_pref=T&PROXY_ID=738850&PRO)

**Registration Fee \$25**

**Sign up to Volunteer**

**Donate**



2017/2018

### Diabetes Awareness Chairs:

#### DISTRICT CHAIRPERSONS

**District 6C - Lion Carol Louks**  
720-841-9526  
[md6lions@gmail.com](mailto:md6lions@gmail.com)

**District 6NE - Lion Cara Draeggert**  
970-380-2272  
[hummingbirdpress@yahoo.com](mailto:hummingbirdpress@yahoo.com)

**District 6SE - Harvey Unwin**  
719-948-2992  
[kaunwins@msn.com](mailto:kaunwins@msn.com)

**District 6W - Robert Pena**  
970-200-7362  
[86cvttbob@gmail.com](mailto:86cvttbob@gmail.com)

#### MD6 CO-CHAIRS:

**Lion Janice Davis**  
[wispysail@aol.com](mailto:wispysail@aol.com)

**Lion Cara Draegert**  
[hummingbirdpress@yahoo.com](mailto:hummingbirdpress@yahoo.com)

*Share your Diabetes Stories, program dates and events with Lions in this newsletter, and please include photos with captions. Send via email to [md6lions@gmail.com](mailto:md6lions@gmail.com)*



**JDRF One Walk, Denver 2017**  
**Sep 10, 2017**  
**Jefferson County Fairgrounds**

Will you walk with us on September 10, 2017?

**Please Support Team MD6 Colorado Lions at this year's JDRF One Walk®.**

You'll support research for life-changing breakthroughs to make it safer and easier to live with T1D, until a cure is found.

When you have T1D, your pancreas stops producing insulin—a hormone essential to turning food into energy. This means you must constantly monitor your blood-sugar level, inject or infuse insulin, and carefully balance these insulin doses with your eating and activity just to stay alive. Type 1 diabetes (T1D) is serious autoimmune disease that strikes both children and adults. It's unrelated to diet and lifestyle.

There are no days off from T1D—and there is no cure.

That's why we're raising money to help JDRF support the most promising, cutting-edge science to create a world without T1D.

**We need you on our team! Please follow the link below to walk with us.**

[http://www2.jdrf.org/site/TR;jsessionid=00000000.app340a?fr\\_id=7018&pg=team&team\\_id=236309&NONCE\\_TOKEN=E3FAC4A0893A4C90C86C373AD449E555](http://www2.jdrf.org/site/TR;jsessionid=00000000.app340a?fr_id=7018&pg=team&team_id=236309&NONCE_TOKEN=E3FAC4A0893A4C90C86C373AD449E555)

To find out if a company has a matching gift policy, please visit: [matchinggifts.com/jdrf](http://matchinggifts.com/jdrf)

**PUTTING AN END TO T1D,**

**ONE STEP AT A TIME**



**ANOTHER WALK IS SCHEDULED:**

**Will you form a team?**

**JDRF One Walk, Colorado Springs 2017**  
**Oct 14, 2017**  
**Rock Ledge Ranch**

**ADA Diabetes Camps in Colorado:**

**Camp Sweet Pea**

3500 Mountain Lion Drive  
 Mountain View High School & Aquatic Center  
 Loveland, Colorado 80537  
 720-855-1102

**Camp Colorado**

PO Box 6819  
 Colorado Springs, Colorado 80934  
 720-855-1102  
[emfay@diabetes.org](mailto:emfay@diabetes.org)

**Colorado Camp**

1599 Ski Hill Rd  
 Breckenridge, Colorado 80424  
 406-214-3266

**Camp DX**

701 S. Pennsylvania St  
 Lincoln Elementary School  
 Denver, Colorado 80209  
 720-855-1102

**Camp Kick Start**

2190 Jetwing Drive  
 SE YMCA  
 Colorado Springs, Colorado 80916  
 720-855-1102

LCI Diabetes Awareness Project Ideas

<http://www.lionsclubs.org/resources/EN/pdfs/iad475.pdf>



**Looking for Diabetes Friendly Recipes?**

District 6SE is collecting diabetes recipes for distribution.

Check them out at:

<https://e-district.org/sites/6se/page-10.php>

They need more and hope to have at least one recipe from each club in 6SE, though they will likely accept them from others around the statel

Send recipes to DG Rick Calhoun:

[pastorrickcalhoun@gmail.com](mailto:pastorrickcalhoun@gmail.com)







# WOMEN AND DIABETES OUR RIGHT TO A HEALTHY FUTURE



## THE ISSUE

**199 MILLION** WOMEN WITH DIABETES  
**313 MILLION** BY 2040



## WHAT DOES THIS MEAN?

**DIABETES IS A LEADING CAUSE OF DEATH AMONG WOMEN**



**2 OUT OF 5** WOMEN WITH DIABETES ARE IN REPRODUCTIVE AGE

## THE CHALLENGE

**ALL WOMEN** WITH DIABETES REQUIRE AFFORDABLE AND EQUITABLE ACCESS TO CARE AND EDUCATION TO BETTER MANAGE THEIR DIABETES AND IMPROVE THEIR HEALTH OUTCOMES



**WOMEN WITH TYPE 2 DIABETES** ARE ALMOST **TEN TIMES MORE LIKELY** TO HAVE HEART DISEASE



**WOMEN WITH TYPE 1 DIABETES** HAVE AN **INCREASED RISK** OF MISCARRIAGE OR HAVING A BABY WITH MALFORMATIONS

## A SOLUTION

ACCESS TO ESSENTIAL **DIABETES MEDICINES AND TECHNOLOGIES**, SELF-MANAGEMENT **EDUCATION AND INFORMATION** ARE KEY TO ACHIEVE OPTIMAL DIABETES OUTCOMES



# ACT TODAY TO CHANGE TOMORROW

[www.worlddiabetesday.org](http://www.worlddiabetesday.org)



**International  
Diabetes  
Federation**



**world diabetes day**  
14 November

# OUR RIGHT TO A HEALTHY FUTURE

**1 in 10 women**  
are living with diabetes.

Many do not have  
access to education,  
treatment and care.

**ACT TODAY TO  
CHANGE TOMORROW**

[www.worlddiabetesday.org](http://www.worlddiabetesday.org)



**International  
Diabetes  
Federation**



world diabetes day  
14 November