



A Publication of the Port City Lions Club
 Post Office Box 13772, Savannah, Georgia 31416
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Web Page <http://galions.org/18b/portcity/>

Monthly News

Diabetes Awareness

The UN General Assembly recently passed a landmark resolution recognizing the diabetes epidemic as a global threat. It is estimated that more than 230 million people have diabetes. This number is expected to rise to a staggering 350 million by 2025.

People with diabetes are at risk of losing sight due to diabetic retinopathy. Diabetic retinopathy affects the retina, the light-sensitive tissue at the back of the eye that transmits visual messages via the optic nerve to the brain. When this delicate tissue is damaged by diabetic retinopathy, the result may be visual impairment or blindness.

Diabetes awareness was adopted as a long-term commitment of the association in March 1984. The primary objective of the Lions program is to reduce the number of new cases of blindness caused by diabetic retinopathy through diabetes education, early detection and treatment, and support of research.

Lions are especially encouraged to conduct awareness activities in their communities throughout the year. Lions Diabetes Education month is celebrated in November. The new Strides: Lions Walk for Diabetes Awareness program can help Lions to educate the public about diabetes and its prevention.

Why is it important to know how diabetes affects the eyes?

If you have diabetes--or if someone close to you has this disease--you should know that diabetes can affect the eyes and cause visual impairment or blindness.

Fortunately, there are ways to prevent or lessen damage to the eyes caused by diabetes. That is why it is so important for people with this disease to have a professional eye examination as soon as their diabetes is diagnosed, and at least once a year thereafter.

Annual eye examinations are especially important for people who have a high risk of developing eye complications from diabetes.

In addition, pregnancy is known to be a factor in the development or worsening of diabetic eye disease. There is evidence to suggest that high blood pressure and smoking may cause diabetic eye disease to worsen.

Facts about Diabetes

- There are two major forms of diabetes. Type 1 diabetes always requires daily injections of insulin for life. Type II diabetes can often be controlled through proper nutrition and exercise.
- Only heart disease and cancer kill more people per year than diabetes.
- Diabetes is the leading cause of new cases of adult blindness.
- Women are more likely to develop Type II diabetes than men.
- In addition to blindness, diabetes causes kidney disease, heart attacks, strokes, gangrene leading to leg amputation and other serious complications.
- Nearly 90% of those who develop Type II diabetes are obese. In many cases, the symptoms of diabetes would disappear if the person lost weight.
- The symptoms of Type II diabetes tend to be mild. Approximately 50% of those who develop Type II diabetes do not realize they have it.
- Diabetes lessens the chance of a successful pregnancy and increases the risk of birth defects and infant death.
- Diabetes is a major cause of impotence in males of all ages.
- Diabetes is not caused by eating too many sweets.

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Birthdays and Anniversaries	
Anniversary	
Jennifer & Scott Eisenhart	August 24
Birthday	
Linda Larson	August 5
Christopher A. Barbieri	August 18

PORT CITY LIONS CLUB

AUGUST 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																										
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Activities

August 7	7:00 P.M. Business Meeting
August 20	7:00 P.M. Regular Meeting
August 27	7:30 P.M. Board of Directors Meeting
September 4	7:00 P.M. Business Meeting