



Minnesota Lions Diabetes Foundation Update

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

Diabetes impacts people who have been diagnosed – **more than 37 million** in the United States, and people who are diabetic but have not been diagnosed – **nearly 9 million**, as well as their family members, friends and others who are a part of health emergencies related to diabetes.

Increasing Awareness and Preparing for Hypoglycemia Emergencies

MLDF is preparing a Diabetes Emergency Kit service project for Lions Club International Directors partners-in-service who will help when the LCI board meets in Minnesota in October. *Read how your club can help with these kits below.*

The Diabetes Emergency Kits

- will be used when an individual is experiencing a low blood sugar (glucose) level (Hypoglycemia)
- include an Emergency Action Plan information card, Glucose Gel packs and cracker packs
- will be distributed to schools and other community organizations throughout Minnesota beginning in mid-October through November (Diabetes Month)
- provide important resources when an individual is experiencing Hypoglycemia.

What is Hypoglycemia?

Hypoglycemia is a condition in which glucose (blood sugar) – the body's primary energy source – levels are below a healthy range and can result in severe medical conditions. It may also occur in someone who has not been diagnosed with diabetes. Hypoglycemia may be related to a variety of medical conditions or related to the use of certain medications or treatments. If glucose levels drop below a healthy range and continues to drop without treatment, the brain does not receive enough glucose to function as needed to maintain the body. As a result, symptoms of low blood sugar levels will occur and if the glucose level drops too low for extended time, a person may experience seizures, lapse into a coma, or die.

Hypoglycemia Symptoms

Mild Hypoglycemia

Person is alert, but demonstrating one or more of the following symptoms: difficulty concentrating, dizziness or lightheadedness, fatigue, headache, hunger, irritability or anxiety, nausea; is pale, shaky, sweating; or has tingling or numbness of lips, tongue or cheek.

Moderate Hypoglycemia

Person is demonstrating confusion, unusual behavior, blurry vision or tunnel vision, loss of coordination, nightmares when asleep, slurred speech.

Severe Hypoglycemia

Person is unresponsive, has lost consciousness, is in a coma, or experiencing convulsions or seizures.

Treating Hypoglycemia

Hypoglycemia requires immediate treatment. Severe symptoms require immediate professional help. Call 911. MLDF's Diabetes Emergency Kits provide an option for quickly treating mild or moderate hypoglycemia and directions for contacting emergency help.

How Your Club Can Help

Incidents of hypoglycemia – low blood sugar – can happen anytime, anywhere. Your support in working with us to place these kits in your community – schools, fitness centers and other community locations is important. Please contact us about these kits and how you can help us place them in your community.

Financial contributions to MLDF provided funds for creating these kits. *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.*

Club Visits and Diabetes Service Projects

Please contact your MLDF Trustees to learn more about diabetes and diabetes service projects, and to schedule your club visit (in-person, or online). We can also provide you with diabetes service projects for your club that can be done in person, or on social media platforms or by email.