

Minnesota Lions Diabetes Foundation Update



Minnesota Lions Diabetes Foundation has a dream – *Life without Diabetes.* We are, with your support, providing funding devoted to finding a cure for diabetes. That research is also leading to treatments for diabetes – improving the quality of life for people who live with diabetes.

Improving Health

There are steps each of us can take to improve our health and possibly prevent Type 2 diabetes.

- Maintain an A1C blood (a blood test that measures average blood sugar levels during past 3 months) level of 5.7 % or below for a normal range.
- Be aware of what we are eating and drinking. Read Nutrition Fact Labels on packaging of foods and drinks for information about calories, carbohydrates, added sugars, vitamins, etc. Eating and drinking in moderation is key.
- Maintain a healthy weight.
- Be physically active (a minimum of 150 minutes a week / averaging 22 minutes a day of moderate-intensity activity).
- Get good amount of sleep (7 to 9 hours per night).

Diabetes Service Project



Minnesota Lions Diabetes Foundation trustees are working with Lions Clubs to distribute 2,000 **diabetes emergency hypoglycemia (low-blood sugar) kits** to schools and other community locations throughout Minnesota. Created with the help of Lions International Directors' Partners-In-Service, the kits provide guidance and glucose gel and crackers for use in low-blood sugar situations. Your club's assistance to distributing within your community is appreciated! Contact us for more information and kits.

Diabetes Research

Minnesota Lions Diabetes Foundation is committed to supporting research for treatments and a cure for diabetes. MLDF recently provided additional funding to the University of Minnesota for Type 1 and Type 2 diabetes.

In Type 1 diabetes, the body's immune system mistakenly attacks and destroys insulin-producing cells. The body needs insulin to help blood sugars convert to energy. Without insulin, the human body cannot survive. To combat the destruction of these cells, and cure Type 1 diabetes, U of M researchers are creating "firefighters" that will be introduced to the body and protect the insulin-producing cells.

Researchers at the U of M have also identified a molecule that reduces the amount of glucose in mice, a discovery that may lead to better treatments for obesity-linked Type 2 diabetes. The goal is to determine if this molecule, if used in a drug, can prevent the development of Type 2 diabetes or reverse the condition in current patients. Support from MLDF may allow scientists to translate this research from animal models to humans to develop the next generation of a drug to fight Type 2 diabetes.

Club Visits and Diabetes Service Projects

Please contact your 5M-5 MLDF Trustees 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.