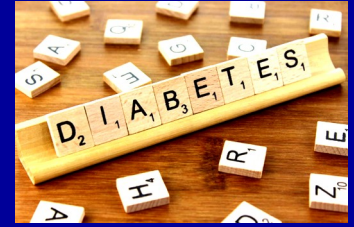


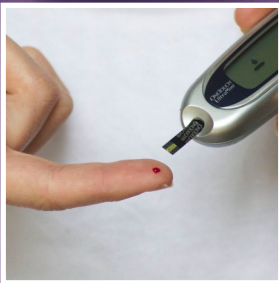
105  
LIONS  
INTERNATIONAL  
SC

**SPECIAL  
SUPPLEMENT  
DECEMBER 2023**



**SENTINEL**

## **A REPORT FROM DISTRICT DIABETES OFFICER LION GILLIAN CLANCY**



Tuesday 14 November was World Diabetes Day, commemorating the birthday of Dr Sir Frederick Banting who, with scientist, Charles Best, discovered how to isolate and extract insulin, the hormone the body uses to control the level of sugar (glucose) in the blood.



This day is very close to Christmas and Clubs are busy starting their festive plans. As a result, few Clubs participated and only a few reported their activities to me although one Club did advise me that they would be donating £100 to Diabetes UK.

However, as they frequently do, the Devizes Club did hold an awareness session. So well done, Devizes, and thank you for doing so. I will come and see you early in 2024 to thank you personally.



Also in this edition of Sentinel, I see that Guernsey Lions also staged what they called a 'Hypoawareness Day' which attracted much local attention. Well done, Guernsey!

For those Lions who are diabetic or have family with the condition, December poses some difficulties. Please think carefully about edible gifts and food choices over the festive period. Above all take care of your feet and see your foot care service regularly.

As we enter January 2024 and a new year, I would encourage as many of you to update me on activities related to diabetes. I am particularly looking for Clubs or individuals members who are trying to change their lifestyle by losing weight or exercising more. I am trying to lose weight - about a stone and a half. So please do join me. I will donate £5 for every pound I lose and am starting this process at 11st 4lbs, possibly a bit more by 2 January!

Anyone wanting to join me can email me on [clancy.inc@blueyonder.co.uk](mailto:clancy.inc@blueyonder.co.uk). Let's raise some money for Diabetes UK for as Lions we can do SO much.

Have a great festive period and good health to you all.

*Lion Gillian Clancy*

District Diabetes Officer



Diabetes does not respect, rank, title, class, age, occupation or gender. The cause is still unknown enough to make prevention (particularly of Type 1) impossible and currently there is no cure for it. Unlike Covid, you cannot vaccinate against diabetes for while diabetes itself is well understood as is how Types 1 and 2 can be managed, what causes the pancreas to stop or diminish its production of insulin, the hormone we all secrete that controls the level of sugar in our blood, is still largely unknown. Sugar in some shape or form exists in almost everything we consume. For most of us our pancreas will release enough insulin to keep the sugar level within healthy limits.