**“Join the Fight Against Diabetes – Act Now!” Diabetes Education Presentation Speaker Notes**

[Slide 1]

[Slide 2] *Speaker Notes*

The Global Service Framework gives Lions and Leos new opportunities to serve, new ways to unite service-minded men and women around the world, and new ways to meet the challenges of the next century.

[Slide 3] *Speaker Notes*

We’ll move forward through service by focusing our efforts in five areas—diabetes, vision, hunger, environment, and childhood cancer.

[Slide 4]

[Slide 5] *Speaker Notes*

Lions and Leos will begin to achieve our goal by striving to control the global diabetes epidemic and assisting those affected by the disease. As the largest service organization in the world, we can empower each other to fight this disease.

[Slide 6] *Speaker Notes*

Let’s watch a short video about how one family deals with diabetes and how their local Lions Club has embraced them.

[Slide 7]

[Slide 8]

[Slide 9]

[Slide 10] *Speaker Notes*

As we join the fight against diabetes, this platform will revolve around three basic strategies. It is possible to prevent Type 2 diabetes largely through healthy lifestyle choices. All three types of diabetes can be controlled with clearly defined control measures and successful management plans. Research allows us to bring innovative support models and treatment techniques to people who need it most.

[Slide 11]

[Slide 12] *Speaker Notes*

The lack, or ineffectiveness, of insulin means that glucose remains circulating in the blood. This can cause nerve, organ, and blood vessel damage that can ultimately lead to blindness, kidney failure, heart attacks, strokes or lower limb amputation.

[Slide 13]

[Slide 14] *Speaker Notes*

There are three types of diabetes, and we’re fighting all of them.

Type 1 diabetes is the kind of diabetes where the immune system destroys insulin-producing cells so the body can’t produce the insulin it needs. Type 1 diabetes usually develops in children and teenagers, but it can occur at any age.

People who have Type 1 diabetes require insulin on a regular basis, either through injections or an insulin pump.

Type 2 diabetes occurs when insulin is produced but can’t be properly absorbed by the body. People with Type 2 diabetes may or may not require insulin, but may need other types of medication. Some risk factors for Type 2 diabetes can be reduced through consistent, healthy behaviors.

Gestational diabetes happens in pregnant women and can provoke complications for mother and child, both pre- and post-partum. Women who develop gestational diabetes do not necessarily live with the disease for their entire lives, but they do have an increased risk of developing Type 2 diabetes after their pregnancy. If gestational diabetes isn’t properly managed throughout pregnancy, babies may be born with a high birth weight, breathing difficulties, or low blood sugar.

[Slide 15]

[Slide 16 ]

[Slide 17]*Speaker Notes*

As Lions and Leos, we can do so much to prevent diabetes and improve the lives of those who already have the disease.

[Slide 18]

[Slide 19] *Speaker Notes*

After this presentation, we’ll be doing some exercises to understand how diabetes affects our lives in a personal way, and to decide what service activities we can do to join the fight against diabetes.

[Slide 20] *Speaker Notes*

As a club, we can commit to making choices that can prevent diabetes, like serving healthy food at our meetings. We can also create club challenges to drink eight glasses of water a day, eat a serving of vegetables at each meal, or download a fitness app on our phones and track the number of steps taken, calories burned, or minutes spent in aerobic exercise per week.

[Slide 21] *Speaker Notes*

Even small, simple things can make a big difference, especially with 1.4 million Lions and Leos focused on the same cause. The key is to start doing things right away, so we can have an immediate impact on our community and do our part to fight this deadly disease.

Now, let’s organize ourselves into a large circle to do a hands-on activity. [Note to speaker: use the document titled “Hands-on Activity” to facilitate this portion of the meeting.]

[Slide 22]