

DIABETES AWARENESS MONTHS

MARCH

APRIL

MAY

DIABETES WARNING SIGNS

- Excessive Thirst
- Extreme Hunger
- Frequent Urination
- Dramatic Weight Loss
- Irritability Weakness and Fatigue
- Nausea and Vomiting
- Drowsiness
- Blurred Vision
- Recurring or Hard to Heal Infections of Bladder, Skin or Gums
- Itching
- Tingling or Numbness of Feet

Diabetes is the Leading Cause of :

- **BLINDNESS:** Leading Cause of Blindness Ages 20 – 70
- **KIDNEY DISEASE:** 6400 Persons will go on Dialysis or Receive a Kidney Transplant this year.
- **NERVE DISEASE or AMPUTATIONS:** 4300 Illinois Persons will LOSE LEGS or TOES this year.
- **HEART DISEASE or STROKE:** DIABETICS are 3 times more likely to DEVELOP Heart Disease or have a Stroke.

WOULD YOU LIKE A DIABETES PROGRAM AT YOUR MEETING?

CALL: Lion Al Gort, PDG at 847-855-8384

E-MAIL: a.gort@sbcglobal.net

Or call Lions of Illinois Foundation 1 800 955 5466