

Hello District O Lions! In an effort to keep District O Lions well informed and healthy, we have created this Diabetes Awareness page. Below you will find links to information about living with and managing diabetes, as well as some excellent local and national diabetes related resources.

Diabetes Explained

Type I diabetes: (link to > <http://www.mayoclinic.com/health/type-1-diabetes/DS00329>) The Mayo Clinic explains Type I diabetes, (formerly known as juvenile diabetes), including possible causes, symptoms and complications.

Type II diabetes: (link to > <http://www.mayoclinic.com/health/type-2-diabetes/DS00585>) The Mayo Clinic provides an easy to understand explanation of Type II diabetes, (formerly known as adult-onset diabetes), including symptoms, causes, risk factors and complications.

Diabetes Resources

The American Diabetes Association (link to > <http://www.diabetes.org/>) is perhaps the most well-known diabetes related organization in the United States. ADA provides support to people with diabetes, including information about diabetes management, health insurance, prescription assistance, and legal advocacy. ADA Portland Office (link to > <http://www.diabetes.org/in-my-community/local-offices/portland-oregon/>)

The Oregon Diabetes Program (link to > <http://www.oregon.gov/DHS/ph/diabetes/>) is an Oregon State initiative to reduce the incidents of Type II diabetes and to help those who have diabetes manage their health. This site provides excellent information on living with diabetes and resources for finding diabetes healthcare.

Living Well with Chronic Illness (link to > <http://www.oregon.gov/DHS/ph/livingwell/index.shtml>) provides six-week workshops to help people live well with chronic conditions, including diabetes.

Oregon SafeNet (link to > <http://oregonsafenet.org/index.html>) is a free informational and referral helpline, designed to link individuals and families with local health resources. 1.800.SAFENET

Juvenile Diabetes Research Foundation (Link to > <http://www.jdrf.org/>) works to find a cure for Type I diabetes by funding diabetes research. Visit the **Oregon JDRF Chapter** (link to > http://www.jdrf.org/index.cfm?page_id=100644) to find ways to get involved.

Gales Creek Camp (link to > <http://www.galescreekcamp.org/>) provides summer camp experiences to children and families living with Type I diabetes.

Harold Schnitzer Diabetes Health Center at Oregon Health & Science University (link to > <http://www.ohsu.edu/xd/health/services/diabetes/>)