

Coppell Lions Club Holds First Diabetes Screening Event

The presentation provided valuable tips regarding proper dietary adjustments. At the conclusion of the presentation, a participant won a free iPad as a raffle prize.

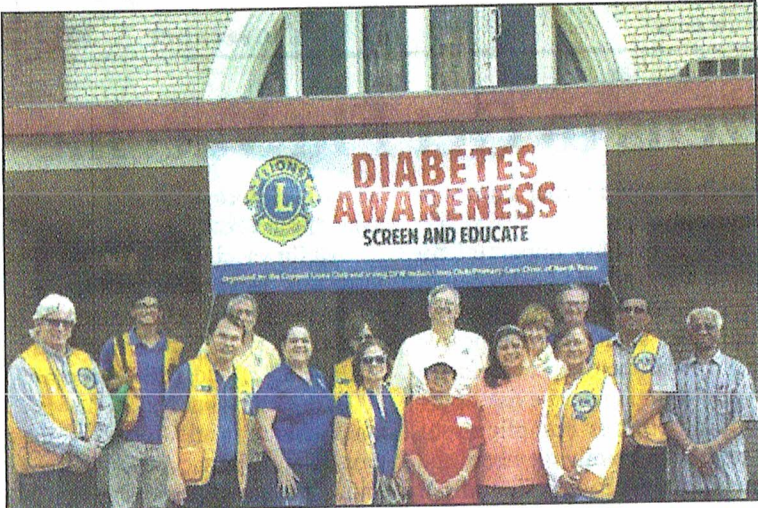
"This diabetes screening event provided services that offer critical medical information and education,"

said Jun Cruz, Coppell Lions Club team leader. "Measuring these health indicators provides a bigger picture in achieving a better quality of life."

"With members of the Coppell Lions Club and volunteers from St Luke Catholic Church who assisted

in making this event possible, everyone had a great time serving our community," Coppell Lions Club President Dan Madden said.

For more information about the Coppell Lions Club and future club events, contact coppellions.org or Facebook "Coppell Lions Club."



Coppell Lions Club held a "Diabetes Awareness: Screen and Educate" event on October 21 at St. Luke Catholic Church in Irving.

The Coppell Lions Club held its first free Diabetes Screening event on October 21 at St. Luke Catholic Church in Irving. The "Diabetes Awareness: Screen and Educate" event was held in conjunction with the Irving DFW Indian Lions Club and the Primary Care Clinic of North Texas.

The goal of the program was to diagnose prediabetes and diabetes for patients 18 years old and older and to offer additional medical information.

A volunteer team of medical professionals provided various testing, including the Hemoglobin A1C, a blood test that determines the average levels of blood sugar (glucose) over the last three months. A

value of 5.7 to 6.5 is categorized as "prediabetic," whereas a value over 6.5 is considered "diabetic."

The event included a Complete Metabolic Panel (CMP), which is a blood test that measures sugar levels, electrolytes, as well as kidney and liver function. The medical team also administered free blood pressure readings, measurements of weight, height and body mass index and complimentary Spot Vision Screening.

The program offered further education through a presentation provided by Alicia Bell, a diabetes educator at Methodist Charlton Medical Center, along with Angie Cruz, director at Methodist Health System and co-leader of the event.