

Health Clinic Testimonials

Lion Dr. Paul Lynn, MD

San Francisco Preventive Medicine Group

Book Author: *Healthy Body Faulty Medicine*, Articles: *Magnesium Deficiency; Why Women Should not take Calcium Supplements; Whether or not Vitamin E increases Risk of Prostate Cancer.*

I am happy to be a Lion in a club that cares for the health of the people. I am also very happy that I can supply information and direction to the club and the Global Initiative which I applaud. The Initiative is the way we can raise the awareness and aid the society of people in the world that they need to get and stay healthy so they can go the distance.

Dr. Gary Cecchi, MD

Chief of Oncology & Hematology

**Board Certified in Medical Oncology & Hematology, Internal Medicine
Alta Bates Summit Medical Center**

From my three decades as a Medical Oncologist and Hematologist, I have found that combining allopathic medicine and improving nutritional status has given many of my patients better clinical outcomes before, during and after their treatments. I was influenced by my medical residency at the Mayo Clinic to look beyond traditional Western medicine.

I support the Lions Global Initiative to do prevention based health screenings to give the tools and knowledge to the local communities around the World.

John Liddy, PSILC Community Health Clinic

If I hadn't come to the Lions Health Clinic I would not have been able to get my Diabetes under control. The Diabetes cook book has helped both me and my wife. Also the free clinic recommendation has helped us get the supplies we need.

Lion Dr. Mehmet Oz, MD

Cardio Thoracic Surgeon

Women don't put themselves where they need to be in the hierarchy of needs. We do free clinics all over the country, and what draws a lot of women to come in for a heart check is when someone says, "Ok. You need help." How do we change the culture?

The Lions Global Initiative for Health and Wellness is a giant step in getting peoples attention by teaching them how to change so they can help themselves. Through Lions free clinics, people will learn the importance of getting their numbers for blood pressure, waist measurement, cholesterol and blood sugar checked.

All the health information these clinics can deliver all over the World will make an enormous difference toward effecting this change.

Lion E. Lee, Lions Fundraiser Event & Clinic

I attended a local Lions fundraiser in 2013 and did the health screenings that were being offered at the Lions event. My nutrition score was much

lower than my spouse's and it was very alarming to me since we ate a similar diet.

I was due to have my annual exam. As a result of the low nutrition score, I requested my physician do additional testing. I had a prior biopsy that was negative. I learned that I had an early stage of breast cancer. I underwent treatments and am now cancer free.

Mr. & Mrs. Decker, PSILC Community Clinic

Thank you Lions both my husband and I both has successful corroded artery surgery just in time. Thank you for looking after us and directing us to our Doctor. We got there just in time. We have recovered beautifully and we are using your cook book of Recipes for the Heart. Thank you a million times for our new life.

Lion Dr. Amy Matecki: MD & Director

Board Certified Internal Medicine

International Center for Integrative Medicine

I believe in integrating the best of Western and Eastern medicine to holistically treat my patients with customized healthcare.

Using simple screenings are key to detect, prevent and treat chronic diseases. Educating patients to take proactive control of their lifestyle through healthy eating, exercise and stress reduction empower them to manage their life. Importantly, Lions Global Initiative health clinics will be key to serving those in our communities who fall out of reach of traditional medicine. It is a privilege to be able to reach people Worldwide through the Global Initiative and impact people in a positive manner.

Anonymous 8 Year Old, Dunston School

I am 8 years old and I go to a school that has two health clinics every year. The Lions come to our gym all day and teach us about nutrition, take our blood pressure to see if we are okay or if need to see a doctor. They also check our blood oxygen to make sure we drink enough water and have oxygen going to our brains so we can think straight.

Every class has P.E. every day but at a different time so we have the health clinics. My mom and I are very thankful for the clinics because we do not have health insurance and can not afford to see a doctor. It keeps my mom calm when she knows I am healthy and doing ok. The clinics send us home with healthy food lists that fit our budget, how to keep from getting sick, and what to do if we do get sick. Last year my mom got sick and the clinic gave us a list of free medical doctors in our area so my mom could get better.

Mrs. Willer:

In 2011, when I was 88, I had 5 hospitalizations within 2 months for my heart condition. On January 3rd, my cardiologist said he could not offer any other treatment options, and asked that I consider Hospice.

I refused to give up, I made a decision to live and be there for my husband. I made nutritional lifestyle changes with the help of my physician.

Now at age 92, my heart condition is stable and I reduced my medications from 16 to 7.

I live an active lifestyle with regular walking and I cook healthy meals for me & my spouse.

Anonymous 80 Year Old, Community Clinic

As a near 80 year old woman who was never truly sick in my life because I spent it being careful of what I ate and how much I exercised, and I kept my weigh low and my spirits high. I nonetheless fell victim to lung cancer likely from second hand smoke that I grew up with. After being scanned at a Lions Clinic, I was told to see my doctor because my numbers were very low. I took heed and went to the doctor the next day and after a series of a tests found out that I had stage four lung cancer.

As it happens, my life of good health habits allowed me to resolve or dissolve the tumors by alternative methods without surgery or chemo-therapy, and today I am fully recovered. Of course, I continue to eat well and take the doctor recommended supplements to get me back on track. The important thing is that I went to the free clinic, got scanned, and was told to see my doctor. If not for the free clinic, I could have lost my life. Grateful!

Tony Janes, Lions Nutrition Workshop

My name is Tony Janes. I am 52 and a recovering alcoholic. In June of 2014 I was rushed by ambulance to the hospital to find out my blood sugar count was over 1000. I had never been diagnosed as a diabetic or had any symptoms. I spent one week in the hospital and learned a lot about the disease and realized I was lucky to be alive. After being released I needed to make some huge changes regarding diet, habits, and lifestyle. I moved into a Sober Living Environment (SLE) immediately and went out and got my first primary care physician. I was put on two kinds of insulin, both injected, Humalog and Lantus 4 times a day. I also took a Lions nutrition class with Jude Martin where I learned how to change my extremely unhealthy eating habits.

I completely changed my eating habits and began to look at eating in a whole new way. I was very unhealthy when I began with diabetes, high blood pressure and high cholesterol. With exercise and diet changes, I lost 19 pounds in 3 months and was able to quit insulin altogether and began taking Metformin pills. My diet continued to improve as well as my outlook towards the changes I was making.

It has now been 7 months and my A1C test shows my pancreas is functioning within normal range. I am now off medicine, I have normal blood pressure and cholesterol, as well. I have to give Jude Martin and her Lions nutrition class a lot of credit. I will never go back to my previous habits because I feel better and I am healthy for the first time in ages.



The Global Initiative for Health and Wellness

... the potential to screen thousands of people for serious health issues and provide referrals and information.



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Mission Statement

The Global Initiative for Health and Wellness (GIHW) has great significance in as-much-as it helps all people to identify and improve their current health status. The Global Initiative targets populations who live at or below the poverty line and includes those who are not insured or under insured.

WHAT IS THE GLOBAL INITIATIVE AND HOW DOES IT WORK? The "GIHW" can be a Multiple, District or Club Project with it's own committee formed to bring "Health and Wellness" to your community. This can be done by working with or setting up Health Fairs at your church, community center, senior centers, schools and with your local health care providers and city council health committees. Your club can provide up to six simple screenings resulting in the dissemination of information and referrals for free assistance in your communities as outlined in this brochure and described in a 25 minute video.

This initiative will enable clubs to be eligible for the centennial service challenge of serving 100 million people.

Introduction

US Health Statistics regarding the "Big 3," diseases – heart disease, cancer and diabetes are very compelling. The Big 3 can be detected with ongoing health screenings and effectively managed by making lifestyle modifications.

In fact, here are relevant health statistics:

- Only 14% of adults consume the RDA for fruits (>2) and vegetables (>3). Meeting RDA is important for chronic disease prevention. (Source: CDC State Indicator Report, 2009)
- Over 75% of death in the US is caused by Heart Disease and Cancer. Preventable diseases make up about 90% of all health care costs. (Source: CBS News 2009)
- US represents 4.3% of the total world population, but utilizes 40% of Global medication expenditures (Source: Statistica, 2013)

Goals

Lions Health Clinics are the first line of defense for many people, they act for the poor and the sick.

Specifically, the GIHW goals are to:

- Serve the poor and under represented in our communities
- Create health awareness
- Prevent or detect chronic disease that people may be unaware they have
- Educate our communities on lifestyle choices they control and can manage
- Make referrals to free clinics and Doctors for health issues detected at our clinics

Six Simple Screenings

The Six Simple Screenings (SSS) save lives and can be implemented in part or in whole in any country, state or community when following easy to use guidelines.

The Six Simple Screenings (SSS) are:

1. Nutrition and inflammation levels
2. Cholesterol and glucose
3. Blood pressure and blood oxygen
4. BMI and belly fat
5. Information booklets
6. Distribution of health app

Implementation

Each Lions club will decide what screening options are best for their club, their members and their community.

Here are 3 potential strategies:

1. A simple health clinic can be started and over time, more health screening options can be added.
2. The health screening clinics can be rolled out alongside existing eye, hearing, diabetes clinics or any other Lions event.
3. Within a District, medical professionals in the clubs can partner by forming a Medical Club to expand the screenings.

Part of the solution is to provide healthy nutrition. A sustainable, aquaponic green-house gardening system can be offered by Lions to schools and local community centers. This will provide education for kids, consume 90% less water, is sustainable, can be used as a fundraiser and is financially viable.

Training

Training and support will be offered in many forms:

- "How to" DVD
- LCIF Website Link
- Health App for Cell Phone
- Phone Calls
- Site Visits

Each club will decide the level of training they will need, or they may also consult Global Initiative, estjohn7@gmail.com, to identify what type(s) of training is necessary to successfully implement the GIHW.

The Global Initiative for Health and Wellness encompasses and expands the Lions Health Outreach Organization as we continue to serve a growing population that is in need with Health and Wellness Clinics. Lions have been Knights of the Blind for many years and our sight programs are robust and focus on services for the blind and visually impaired and aim to eliminate preventable and reversible blindness. But we also participate in other community health programs and projects and support local and large scale global health programs to control and prevent many other diseases.

The Lions International Health Programs

- Sight Programs
- Vision Screenings
- Eyeglass recycling
- Sight Partnerships
- Hearing Programs
- Diabetes Programs
- Health Assistance Programs
- Youth Health Services
- Environment Programs
- Tree Planting, Water Conservation
- Hunger Relief
- Aquaponic farming
- Organic Gardening
- Food Programs
- Measles Prevention Program
- Disaster Relief Program
- Clothing Distribution
- Fundraisers for other Diseases

International Relations Programs for Health and Wellness