

Lions governor in Uganda for diabetes, environment

By Lawrence Mulondo

The Lions district 411B governor Rizwan Qadri, is in Uganda for a two-week visit to create awareness about non-communicable diseases and environmental conservation.

Qadri, who was accompanied by his wife Sarah, arrived at Entebbe airport on Friday and was welcomed by Lions' Club Uganda members.

He thereafter proceeded to the Lions' Club of Entebbe gardens, where he planted a tree as a symbol of his campaign for environmental conversation.

Qadri was elected recently as the Lion district 411B governor at a retreat in Nairobi, replacing Lion Venie Tinkumanya, who served as governor for one year from July 2016 to June 2017.

Lion district 411B comprises Uganda, Tanzania and South Sudan.

In an interview with *New Vision*, Qadri said he will visit several communities in the country to encourage people to go for diabetes checkups to avoid consequences.

"People with diabetes can easily have their blood vessels damaged, leading to other problems, especially with the heart. However, if discovered early, diabetes can be controlled," he said.

The four main types of chronic diseases are cancers, heart diseases, chronic respiratory diseases and diabetes.

A 2016 report by the Ministry of Health revealed that one million Ugandans, of which 100,000 are children, are suffering from diabetes.

Qadri said there is need for continuous sensitisation of the masses on how to control



The Qadris being garlanded by Beryl and Kylie Munanura shortly after their arrival at Entebbe airport on Friday. Photo by Lawrence Mulondo

the disease. Qadri added that his other assignment in Uganda was to follow up on one of his requests to each Lions club to plant trees in their communities to control desertification and climate change.

"Environmental degradation in the world is worsening. Africa should stay green to support the rest of the world as a food basket and rainfall formation," he explained.

Lions club is running other projects like saving the district from hunger, treatment for people with eye problems and children with cancer. Leukemias, which are cancers of the bone marrow and blood, are the most common

childhood cancers. They account for about 30% of all cancers in children, according to World Health Organisation.

Qadri called on Ugandans to join humanitarian organisations like Lions club, adding that many people in the district and Africa need assistance in various ways.

"Of the estimated 40 million people in Uganda, there are only 960 members of the Lions club. We want to encourage more people to join humanitarian organisations for service," he said. The first deputy district 411B governor, Robert Munanura, said each year the seating district governor visits all clubs in the district.