

November Health Awareness Topics

American Diabetes Awareness Month



November is American Diabetes Month®—a time to shine a spotlight on a serious disease that leads to potentially life-threatening complications such as heart disease, stroke, kidney disease, blindness, and amputation.

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

Major Types of Diabetes

Type 1 - *Results from the body's failure to produce insulin, the hormone that "unlocks" the cells of the body, allowing glucose to enter and fuel them. It is estimated that 5-10% of Americans who are diagnosed with diabetes have type 1 diabetes.*

Type 2 - *Results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Most Americans who are diagnosed with diabetes have type 2 diabetes.*

Gestational - *Immediately after pregnancy, 5% to 10% of women with gestational diabetes are found to have diabetes, usually, type 2.*

Pre-diabetes - *Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. There are 57 million Americans who have pre-diabetes, in addition to the 23.6 million with diabetes*

For more information please visit <http://www.diabetes.org/>

National Alzheimer Disease Awareness Month

As many as 5.3 million Americans are living with Alzheimer's disease. Alzheimer's destroys brain cells, causing memory loss and problems with thinking and behavior severe enough to affect work, lifelong hobbies or social life. Alzheimer's gets worse over time and it is fatal. Today it is the seventh-leading cause of death in the United States.



10 Signs of Alzheimer's

Memory loss that disrupts daily life

Challenges in planning or solving problems

Difficulty completing familiar tasks at home, at work or at leisure

Trouble understanding visual images and spatial relationships

New problems with words in speaking or writing

Misplacing things and losing the ability to retrace steps

Decreased or poor judgment

Withdrawal from work or social activities

Changes in mood and personality

For more information please visit <http://www.alz.org>

Additional November Awareness Events:

Prematurity Awareness Day (November 18) - <http://www.marchofdimes.com/>

Great American Smokeout (November 19) - <http://acsf2f.com/gaso/>

Gastroesophageal Reflux Disease Awareness Week (November 22-28) - <http://www.aboutgerd.org/>