



NOVEMBER 2024

American Diabetes Month

Diabetes comes in two forms: Type 1 and Type 2. While Type 2 diabetes is far more common, both can be deadly, as they affect the body’s insulin production. More than 133 million U.S. adults are living with diabetes (Type 1 and Type 2) or prediabetes. Prediabetes, which is characterized by high sugar levels but not high enough for a Type 2 diagnosis, raises one’s risk for diabetes, heart disease and stroke.

November is National Diabetes Month. With 1 in 5 adults not knowing that they are impacted directly by diabetes, it’s essential to understand the risk factors and symptoms. Type 1 diabetes is most significantly impacted by family and age, while Type 2 diabetes is most directly impacted by being overweight, not exercising and having a family history of diabetes. A lifestyle change program (e.g., diet and exercise changes) can help a person reverse prediabetes.

Reach out to us for more information about diabetes and healthy lifestyle changes.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------------|--|---------|-----------|--------------------|---|----------|
| | American Diabetes Month Bladder Health Month COPD Awareness Month Diabetic Eye Disease Month Lung Cancer Awareness Month | | | | National Alzheimer’s Disease Awareness Month National Family Caregivers Month National Healthy Skin Month National Hospice and Palliative Care Month Stomach Cancer Awareness Month | |
| | | | | | 1 | 2 |
| 3 Daylight Saving Time Ends | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 Veterans Day | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 Thanksgiving | 29 | 30 |