

NOVEMBER 2025

American Diabetes Month

Over 38 million U.S. adults are impacted by some form of diabetes, according to the CDC. The most common forms of diabetes are Type 1 and Type 2. While Type 2 represents most diabetes cases, both can be deadly because they affect the body’s insulin production. Type 1 diabetes is most significantly impacted by family and age, whereas Type 2 diabetes is most directly impacted by being overweight, not exercising and having a family history of diabetes.

November is National Diabetes Month, a great time to commit to a healthy lifestyle to reduce your risk of Type 2 diabetes. Getting diagnosed early can help you manage the disease and avoid risky complications. The American Diabetes Association recommends blood glucose screening every three years for people aged 35 and older.

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
American Diabetes Month Lung Cancer Awareness Month National Bladder Health Month National COPD Awareness Month National Family Caregivers Month Stomach Cancer Awareness Month						
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2 Daylight Saving Time Ends	3	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 Thanksgiving	28	29
30						

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