



CHATTING ABOUT HEALTH

NOVEMBER IS AMERICAN DIABETES MONTH

DIABETES FAST FACTS

- More than 37 million people in the US have diabetes
- Type 2 Diabetes accounts for most diagnosed cases of diabetes
- Diabetes is the 7th leading cause of death in the United States
- In the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the population has aged and become more overweight/obese.



What is diabetes?

Diabetes is a health condition that affects how your body turns food into energy. With diabetes, your body doesn't make enough insulin or can't use it as well as it should. This causes too much sugar to stay in your bloodstream. Over time, this can cause serious health problems like heart disease, vision loss and kidney disease.

Symptoms of Diabetes

If you have any of the following symptoms, see your doctor about getting your blood sugar tested.

- Urinate (pee) a lot, often at night
- Are very thirsty
- Lose weight without trying
- Are very hungry
- Have blurry vision
- Have numb or tingling hands/feet
- Feel very tired
- Have sores that heal slowly

Risk Factors for Diabetes

Type 1 Diabetes is thought to be caused by an immune reaction where the body attacks the pancreas which makes insulin. Known risk factors include **family history** and **age** (usually develops by early adulthood).

Type 2 Diabetes risk factors include:

- Having prediabetes
- Being overweight
- Age 45 or older
- Family history
- African American, Hispanic or Latino, American Indian, or Alaska Native
- Some Pacific Islanders and Asian American people are also at higher risk

**Learn more about
diabetes from CDC
here:**



<https://www.cdc.gov/diabetes/basics/index.html>



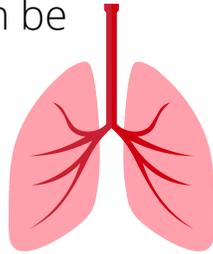
COPD

COPD (Chronic Obstructive Pulmonary Disease) refers to a group of diseases that cause airflow blockage and breathing-related problems.

It includes emphysema and chronic bronchitis. There is no cure for COPD but it can be treated.

Symptoms of COPD include

- Frequent coughing/wheezing
- Excess phlegm/mucus/sputum
- Shortness of breath
- Trouble taking a deep breath



How is COPD diagnosed?

A simple test called spirometry is used to measure lung function.

Treatment of COPD can include:

- Quitting smoking
- Pulmonary rehabilitation
- Medication for symptoms like coughing and wheezing
- Avoiding lung infections like flu and pneumonia
- Using oxygen

Learn more about COPD here:



FLU



There are simple steps you can take everyday to prevent the spread of flu.

- Avoid contact with people who are sick
- Cover your coughs and sneezes
- Wash your hands
- GET VACCINATED



COVID-19

- COVID-19 vaccines are safe and effective
- CDC recommends that everyone 5 and older get the updated bivalent booster if it has been at least 2 months since they completed their primary series or had their last booster dose.



Learn more about vaccines at

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>

To find a COVID-19 vaccine clinic near you visit our website:

<https://www.chathamhealth.org/vaccines>

