

NOVEMBER 2019

American Diabetes Month

Millions of Americans are currently living with some form of diabetes, typically Type 1 or Type 2. Type 1 diabetes happens when your body does not produce insulin, so it breaks down carbohydrates into blood glucose for energy. Type 2 diabetes, the most common type, happens when your body resists using insulin, so your pancreas must make up for this by creating extra insulin. However, it cannot do this forever and can lead to serious complications.

To lower your risk, it's important to maintain a healthy lifestyle to keep your blood sugar, blood pressure and cholesterol levels down. However, some risk factors cannot change, such as genetics. If you have a genetic history of diabetes within your family and would like to get tested, please visit your doctor. For more information and helpful tips on managing your diabetes, visit www.diabetes.org.

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 TAKE ACTION Week 1 Daylight Savings (End)	4	5	6	7	8	9
10 TAKE ACTION Week 2	11 Veterans' Day	12	13	14	15	16
17 TAKE ACTION Week 3	18	19	20	21	22	23
24 TAKE ACTION Week 4	25	26	27	28 Thanksgiving	29	30

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