

# 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](http://www.diabetes.org).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<a href="#">American Diabetes Month</a> <a href="#">Bladder Health Month</a> <a href="#">COPD Awareness Month</a> <a href="#">Diabetic Eye Disease Month</a> <a href="#">Lung Cancer Awareness Month</a>				<a href="#">National Alzheimer's Disease Awareness Month</a> <a href="#">National Family Caregivers Month</a> <a href="#">National Healthy Skin Month</a> <a href="#">National Hospice and Palliative Care Month</a> <a href="#">Stomach Cancer Awareness Month</a>	
					1	2
3 TAKE ACTION Week 1 Daylight Savings (End)	4	5	6	7	8	9
10 TAKE ACTION Week 2	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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National Health Observances 2019

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While it is not completely understood why some people develop Type 2 diabetes, research has shown the following factors significantly increase the risk of developing the disease.

- Obesity
- Physical inactivity
- Genetics
- High blood pressure
- Abnormal cholesterol levels

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## Take Action

Awareness only goes so far toward improving your health—you also need to take action. Use this section to track your weekly progress as you establish your healthier lifestyle.

### Week 1 (11/3-11/9) – Create a wellness plan

*What do you want to improve this month? Set a short-term health goal and a plan for achieving it.*

### Week 2 (11/10-11/16) – Get started

*Are you ready? Begin your plan and stick to it.*

### Week 3 (11/17-11/23) – Look for improvement

*How are you doing? Think about what's working with your plan and if you need to adjust it.*

### Week 4 (11/24-11/30) – Reflect

*Did you reach your goal? Consider what worked with the plan and what should change next month.*