



DID YOU KNOW?

Prediabetes affects more than 1 in 3 U.S. adults but most people don't know they have it.

- [Learn more on page 3](#)

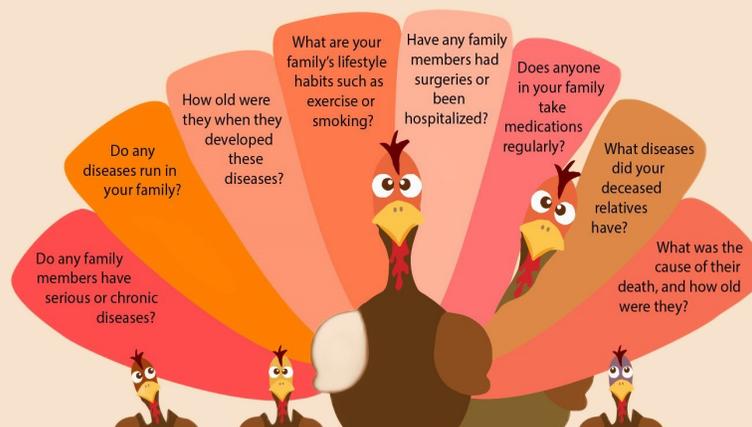
DINNER TABLE TALK

Let's be honest, Thanksgiving can be an ordeal. In an increasingly polarized sociological climate, some topics at the table could become a conversational landmine. But there's one conversation you shouldn't avoid bringing up at the dinner table this year: family health history.

National Family Health History Day on November 25, is an annual event that also takes place on Thanksgiving. **The idea is to take a day when everyone in your family is assembled and discuss the family health history. Many illnesses can be passed down through your genes thus knowing your health history helps you be more proactive about your health.** The health of your closest relatives, related to you by blood, influences your health the most. For example, your parents, children, grandparents, siblings, aunts and uncles. Some common conditions that can be inherited include arthritis, diabetes, mental illnesses, heart disease, stroke and some cancers. We can't change your family health history. However, in many cases, adopting a healthier lifestyle can reduce your risk for diseases that run in your family. If you're aware, you can talk with your healthcare provider about steps that you can take in light of your family history, including whether you should consider early screening for certain diseases.

When gathering information this holiday season, make sure you document the health information your relatives provide to share with your healthcare provider. This should include family members' names, their relationships to you and their current ages (or age of death). In addition to which conditions they may have or have had, the record should also include the age of onset. We understand getting information about your family health history can be difficult if you are adopted or do not know certain members of your family. If you find it difficult to collect information on your family, consider starting your own health history for your children and grandchildren.

So be sure to add that topic of discussion to your dinner table talk this Thanksgiving. It may be easier to start out by having one-on-one conversations. Your family members might not be used to talking about their diseases or might not want to talk. But starting the conversation is important! Perhaps that will help all of us avoid the dreaded "What have you been up to?" question. You're welcome!



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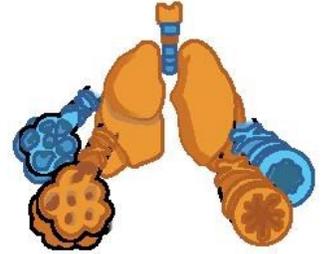
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National COPD Awareness Month

What Is COPD?

COPD stands for **chronic obstructive pulmonary disease**.

It is a form of irreversible damage to the lungs, **most commonly from smoking**, causing respiratory symptoms such as shortness of breath or cough. There is no cure for COPD, but the symptoms can be managed. COPD may present as chronic bronchitis or emphysema.



HOW MANY PEOPLE HAVE COPD?



HOW MANY DIE BECAUSE OF COPD?



COPD is the **4TH**
LEADING CAUSE
OF DEATH in the US.



The rate of death for men with COPD is slowly falling, but the rate of death for women has not.

WHAT IS AN EXACERBATION?

More than **41%** of people have either not heard of the term "exacerbation" or are not sure what it means.

An exacerbation or lung attack is the worsening of COPD symptoms. Each time a person experiences an exacerbation, there is permanent loss of lung function.



CAUSES



Tobacco use

Tobacco use is responsible for 80-90% of COPD in the US.



Biofuel burning & air pollution

In the developed world, biofuel and air pollution exposure is thought to be the cause of COPD cases in people who have never smoked.

WHAT YOU CAN DO

1 STOP SMOKING



2 Stay active and EXERCISE



3 Speak up with your doctor

A recent survey found less than half of people with COPD have spoken with their doctor about their personal management goals.



FOLLOWING EXACERBATIONS AND HOSPITALIZATIONS



Make sure you take your medications.



See a doctor for close follow-up.



Talk to your doctor about exercise.



November is NATIONAL DIABETES MONTH



Diabetes is a chronic health condition that affects 463 million adults worldwide. In the United States alone, 34.2 million adults have diabetes. Over time, the disease can lead to other serious health problems, such as heart disease, vision loss and kidney disease. There are three main types of diabetes: Type 1, Type 2, and gestational diabetes.

Our body breaks down the carbohydrates we eat into blood sugar (blood glucose) that it uses for energy. Insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body. In Type 1 diabetes, your immune system destroys the cells in your pancreas that make insulin. Since your pancreas does not produce insulin, blood glucose levels rise. People with Type 1 diabetes require daily administration of insulin. This type is usually diagnosed in children, teens, and young adults. On the other hand, Type 2 Diabetes results from the body's ineffective use of insulin and inability to keep blood sugar at normal levels. Diagnosis can be accomplished through testing of blood sugar.

There are modifiable factors that increase the risk of developing diabetes, particularly Type 2 diabetes. These include poor diet, low levels of physical activity, high blood pressure and cholesterol. **A healthy diet, regular physical activity, maintaining a normal body weight and avoiding tobacco use are ways to prevent or delay the onset of type 2 diabetes. In fact, losing just 7-10% of your body weight can make the insulin your body produces more effective!** When it comes to food, according to the American Diabetes Association, the goal is to choose carbs that are nutrient-dense, which means they are rich in fiber, vitamins and minerals, and low in added sugars, sodium and unhealthy fats.

Gestational diabetes develops in pregnant women and places them at an increased risk of complications during pregnancy and at delivery. Gestational diabetes is diagnosed through prenatal screening, rather than through reported symptoms. Gestational diabetes usually goes away after delivery but increases both the mother and possibly their child's risk for Type 2 diabetes later in life. Treatment of diabetes involves diet and physical activity along with lowering of blood glucose and the levels of other known risk factors that damage blood vessels.

In addition, prediabetes is a serious health condition that puts you at an increased risk for developing Type 2 diabetes. **Prediabetes affects more than 1 in 3 U.S. adults but most people don't know they have it.** Please speak to your healthcare provider about your current glucose levels. The good news is that by making healthy lifestyle changes, it is possible to manage or reverse prediabetes and prevent it from turning into Type 2 diabetes. **Even small changes can have a huge impact on managing diabetes or preventing it all together!**



GLUCOMETER IS AN IMPORTANT TOOL IN EFFECTIVE DIABETES MANAGEMENT

WHAT IS A GLUCOMETER?

Glucometer is a small electronic device that allows you to test your blood sugar levels.

HOW DOES A GLUCOMETER WORK?

When you place a small sample of your blood on the test strip of a Glucometer, you can find out your blood sugar levels.

BASIC INSTRUCTIONS TO USE A GLUCOMETER.

- ◆ Wash and dry your hands well.
- ◆ Insert a test strip into your meter.
- ◆ Prick the side of your fingertip with the needle provided with your test kit.
- ◆ Gently squeeze your finger until a drop of blood forms.
- ◆ Touch and hold the edge of the test strip to the drop of blood.
- ◆ The meter will display your blood glucose level on a screen after a few seconds.

IF YOUR RESULTS DON'T FALL WITHIN YOUR TARGET RANGE, CONSULT YOUR DOCTOR IMMEDIATELY.

Do you know what **YOUR NUMBERS** mean?

Fasting Glucose Ranges



D Diabetes **126 or more mg/dL**

P Pre-Diabetes **100 -125 mg/dL**

N Normal **99 or less mg/dL**

WHAT CAN YOU DO?

Source: Centers for Disease Control & Prevention, Healthline, American Diabetes Association

You can **prevent** or **delay** type 2 diabetes



LOSE WEIGHT
IF NEEDED



EAT HEALTHY



BE MORE ACTIVE

LEARN MORE AT www.cdc.gov/diabetes/prevention
OR SPEAK TO YOUR DOCTOR

You can **manage** diabetes



WORK WITH A HEALTH PROFESSIONAL



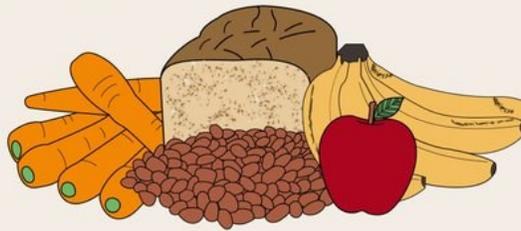
EAT HEALTHY



STAY ACTIVE

LEARN MORE AT www.cdc.gov/diabetes/managing
OR SPEAK TO YOUR DOCTOR

Avoid constipation by eating a **high-fiber diet**.



Exercise regularly (about 150 minutes of moderate activity per week).

Minimize **caffeine** and **alcohol** intake.



Achieving Better **BLADDER HEALTH**



Surgery



Drink 6-8 (8oz.) glasses of **water** each day.

Maintain a healthy **weight**.



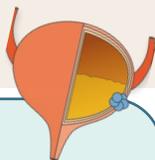
Urinate regularly and completely empty the bladder when doing so.



Stop **smoking** (or don't start!).



Do **Kegel** exercises to promote pelvic floor strength.



The bladder is a hollow organ in the lower pelvis and it's main job is to store urine from your kidney. **Each day, adults pass about a quart and a half of urine through the bladder and out of the body. We don't think often about our bladder but our bladder is hard at work everyday.** Poor bladder health can lead to health problems like urinary tract infections (UTIs), overactive bladder, urinary incontinence and even bladder cancer. Women in particular are uniquely prone to bladder issues due to having a shorter urethra than men and proximity of the rectum and anus to the urethral opening.

Please see the graphic above for practical, everyday tips to improve your bladder health and help you avoid urologic health problems! Remember to consult your doctor should you have any questions or concerns about your bladder health.



November is
Stomach Cancer &
Pancreatic Cancer
Awareness Month



STOMACH CANCER

Our stomach receives and holds the food we eat and then helps break down and digest it. Stomach cancer, also known as gastric cancer, is an abnormal growth of cells that begins in the stomach. Approximately 25,000 cases of stomach cancer are diagnosed each year in the United States.

Signs and symptoms of stomach cancer may include difficulty swallowing, feeling full after eating small amounts of food, heartburn, nausea, stomach pain, unintentional weight loss and vomiting. If you have signs and symptoms that worry you, make an appointment with your doctor.

It's unclear what causes stomach cancer, but there are some factors that can increase the risk. These factors include gastroesophageal reflux disease (*see page 8*), family history, obesity, smoking and a diet high in salty and smoked food or a diet low in fruits and vegetables.

No major medical organizations in the United States recommend routine screening for stomach cancer in people at average risk. Most people are not diagnosed with stomach cancer until they have certain signs and symptoms that point to the need for medical tests. Healthcare providers may use an upper endoscopy, biopsy and imitative tests such as CT scans to diagnose stomach cancer and determine the cancer stage.

Adopting a healthy lifestyle is one of the best ways to reduce your risk factors for stomach cancer. This consists of avoiding all tobacco products, exercising regularly and eating a healthy diet that includes reducing or avoiding smoked, salted and pickled food. To learn more about stomach cancer, visit cancer.org

Source: Mayo Clinic, American Cancer Society, Cancer Center of South Florida

PANCREATIC CANCER

Our pancreas, an organ located behind the lower part of the stomach, releases enzymes that aid digestion and produces hormones that help manage your blood sugar. Pancreatic cancer begins in the tissues of your pancreas .

Unfortunately, pancreatic cancer is usually a fatal disease.

Just 7% of people with pancreatic cancer are alive after five years. And the pancreatic cancer survival rate after ten years is less than 2%.

Pancreatic cancer is rarely detected at its early stages because it often doesn't cause symptoms until after it has spread to other organs. The late stage signs/symptoms may include abdominal pain that radiates to your back, loss of appetite or unintended weight loss, jaundice, light-colored stools, dark-colored urine and fatigue.

Like many cancers, we're not sure what causes pancreatic cancer. Doctors have identified some factors that may increase the risk of this type of cancer, including smoking and having certain inherited gene mutations. In addition, the risk of developing pancreatic cancer goes up as people age. **The average age at the time of diagnosis is 70.** According to the National Cancer Institute, **Black Americans have the highest incidence rate of pancreatic cancer in the U.S.** There is evidence that this disparity is more related to social and access issues rather than biology.

It's important that you speak to your doctor if you have family history of pancreatic cancer or experience the symptoms mentioned above. You may also reduce your risk of pancreatic cancer by maintaining a healthy weight, choosing a healthy diet and stopping smoking.

Source: American Cancer Society, Mayo Clinic, Memorial Sloan Kettering Cancer Center



NEARLY
1 MILLION PEOPLE
are diagnosed each year
with stomach cancer.



THAT'S LIKE
the population of
MONTANA —
every single year!

PANCREATIC CANCER
HAS THE
LOWEST
SURVIVAL RATE
AMONG ALL MAJOR CANCERS.¹

EVERY DAY MORE THAN
1,000
PEOPLE WORLDWIDE
WILL BE DIAGNOSED WITH
PANCREATIC CANCER²

EARLY DETECTION SAVES LIVES

National Family Caregivers Month



Families are the primary source of support for older adults and people with disabilities in the U.S. Across our country, parents and children, siblings and spouses, friends and neighbors heroically give of themselves to support those in their lives affected by illness, injury, or disability. The need for caregivers is expected to continue to grow as the U.S. older adult population increases.

Caregiving can be an emotional roller coaster. On the one hand, caring for your family member demonstrates love and commitment and can be a very rewarding personal experience. But on the other hand, exhaustion, worry, inadequate resources, and continuous care demands can be really stressful. **It's important for caregivers to take care of their own mental health and wellness.** Caregivers are more likely to have a chronic illness than are non-caregivers, namely high cholesterol, high blood pressure, and a tendency to be overweight. They are also at increased risk for depression and excessive use of alcohol, tobacco, and other drugs. **When you are a caretaker, it's not selfish to focus on your own needs and desires. It's one way to ensure that you can be available to care for others.**

This National Family Caregivers Month, we celebrate you for all that you do. Please see below for some great wellness tips!

Source: Mental Health America, Inc, U.S. Department of Health and Human Services, Administration for Community Living, Family Caregiver Alliance

10 TIPS FOR FAMILY CAREGIVERS

1



Ask support from other caregivers. Learning that others have had similar experiences can be an enormous relief.

The good you can do for your loved one is dependent on how well you **take care of your own health.**

2



3



Take some respite time, caregiving is hard work.

If someone offers help, take it. Accepting it is not a sign of weakness.

4



Ask for help if you have signs of depression.



5

6
Seek for training and get help from new technologies.



Organize medical information.

7



8

Learn how to communicate effectively with doctors.

9
Plan early for the present and future needs of your loved one.



10
Give yourself credit for doing the best you can in one of the toughest jobs there is!



How to read a food label



LOOK AT THE NUTRITION INFORMATION PANEL (NIP) TO FIND OUT WHAT NUTRIENTS THE FOOD CONTAINS. KEY THINGS TO LOOK OUT FOR ARE THE AMOUNTS OF TOTAL FAT, SATURATED FAT, SUGAR AND SODIUM/SALT

HERE'S A GUIDE:

Per 100g →

	BEST	OKAY	SOMETIMES
TOTAL FAT	0 - 3g	3.1 - 20g	20g+
SATURATED FAT	0 - 1.5g	1.6 - 5g	5g+
SUGAR	0 - 5g	5.1 - 15g	15g+
SODIUM	0 - 120mg	121 - 600mg	600mg+

How many people could the packet feed

How much in each serve

Total fat: less than 3g per 100g is best

Sugar: less than 5g per 100g is best

Use this column to compare products

Saturated fat: less than 1.5g per 100g is best

Sodium: less than 120mg/100g is best

NUTRITION INFORMATION		
Servings per package: 3 Serving Size: 150g		
	Quantity per Serving	Quantity per 100g
Energy	608kJ	405kJ
Protein	4.2g	2.8g
Fat, total	7.4g	4.9g
- Saturated	4.5g	3.0g
Carbohydrate, total	18.6g	12.4g
- Sugars	18.6g	12.4g
Sodium	90mg	60mg
*Percentage of recommended dietary intake		
Ingredients: Whole milk, concentrated skim milk, sugar, banana (8%), strawberry (6%), grape (4%), peach (2%), pineapple (2%), gelatine, culture, thickener (1442).		
All quantities above are averages		

Ingredients list

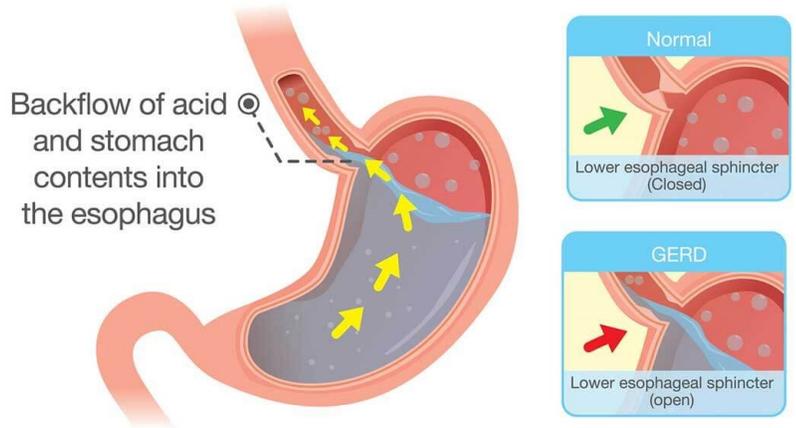
Knowing how to read food labels is especially important if you have health conditions, such as high blood pressure or high cholesterol, and need to follow a special diet. Understanding them is useful as it can help you make informed choices when purchasing and consuming food.

Thanksgiving Week is also Gastroesophageal reflux disease (GERD) awareness week. Gastroesophageal reflux disease occurs when stomach acid frequently flows back into your esophagus, the tube connecting throat and stomach. This happens because a valve at the end of your esophagus, the lower esophageal sphincter, doesn't close properly when food arrives at your stomach. The acid backwash then flows back up irritating the lining of your esophagus and leaving a sour taste in your mouth. Researchers estimate that about 20% of people in the United States have GERD. **Most people have experienced gastroesophageal reflux before.** It happens when you burp, have an acid taste in your mouth or have heartburn. **However, if these symptoms occur at least twice a week or interfere with your daily life it is time to see your physician.** They will conduct a physical exam and ask about any symptoms you've been experiencing.

Chronic heartburn is the most common symptom of GERD. Other symptoms may include chest pain, nausea and problems swallowing or pain while swallowing. Antacids like Tums are typically used for occasional and mild symptoms of acid reflux and GERD. Lifestyle changes, such as diet adjustments, and prescribed medications can help you manage symptoms of gastroesophageal reflux disease. Some people who have GERD also find that certain foods or drinks trigger symptoms or make symptoms worse. The list below has a list of foods to avoid and limit, that are commonly linked to GERD.

Interestingly enough, people with asthma are more likely to develop gastroesophageal reflux disease. It isn't clear why. Other risk factors include obesity and pregnancy.

Unfortunately, chronic inflammation in your esophagus can lead to problems with swallowing and is associated with an increased risk of esophageal cancer. As you enjoy your favorite meal this holiday season, stay informed about the effects of GERD and contact your doctor if you have any concerns!



Source: American Academy of Allergy, Asthma & Immunology, National Institute of Diabetes and Digestive and Kidney Diseases, Healthline, Mayo Clinic

AVOIDING GERD



Avoid or limit:

- 1 Fatty or spicy foods
- 2 Coffee and tea
- 3 Mints
- 4 Chocolate
- 5 Acidic foods (citrus, tomatoes)
- 6 Alcohol
- 7 Carbonated beverages
- 8 Nicotine (cigarettes and chewing tobacco)

Reduce your risk of GERD:

- ✓ Lose weight
- ✓ Eat smaller meals
- ✓ Wait 3 hours after eating before lying down
- ✓ Elevate your bed

Source:
National Institute of Diabetes and Digestive and Kidney Diseases

HAVE A SAFE THANKSGIVING ~REMEMBER TURKEY!~



T

Thaw turkey at a safe temperature – 40°F or below



U

Use extra caution when frying a turkey and oil-free fryers if possible



R

Remember to clean all cooking surfaces regularly



K

Kee children away from hot foods and surfaces, and kitchen utensils



E

Ensure turkey is cooked and has reached minimum temperature of 165°F



Y

Your smoke detector should be tested prior to cooking



Brought to you by: American Safety Council

**American
Safety Council**

YOUR SKIN IS YOUR BODY'S LARGEST ORGAN, SO IT'S IMPORTANT TO TAKE GOOD CARE OF IT.

Keep your skin in good shape during National Healthy Skin Month in November — and all year-round — by following these **TIPS** from the American Academy of Dermatology.

#NationalHealthySkinMonth



WASH YOUR FACE EVERY DAY and after exercising. Use a mild cleanser and lukewarm water.



USE AN ANTIPERSPIRANT, rather than a deodorant, to reduce sweating.



DETERMINE YOUR SKIN TYPE — oily, dry, combination, normal or sensitive — and choose skin care products tailored to that type.



EXAMINE YOUR SKIN regularly for new or unusual spots, as well as anything changing, itching or bleeding.



PROTECT YOUR SKIN from the sun by seeking shade, wearing protective clothing, and using a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher.



CONSIDER USING PETROLEUM JELLY to treat minor injuries and moisturize dry skin and nails.



PREVENT BLISTERS AND CORNS on your feet by making sure your shoes fit properly. Wear nylon or moisture-wicking socks, and keep your toenails trimmed.



MOISTURIZE DAILY. Apply lotion or cream while your skin is still damp from bathing to lock in moisture and get the best results.



If you notice anything suspicious on your skin or have skin care questions, visit a board-certified dermatologist near you!



What's Forest Gump's password?

1Forest1

We hope you enjoyed this month's newsletter. If you have any question or suggestions, please contact us. We want to hear from you!

Contact:

Roldyne Dolce MPH, CHES®
Phone: (954) 847-8024
Email: Roldyne.dolce@flhealth.gov