

November 2020

November: Diabetes Awareness Month

November is Diabetes Awareness Month, and the American Diabetes Association (www.diabetes.org) has great information about the disease, prevention and many other resources about this illness that affects 34.2 million Americans, according to the Centers for Disease Control. Here is a little information about this disease:

There are two types of diabetes

- Type 1: The body does not produce insulin, which is needed to transport sugars from the bloodstream to the cells.
- Type 2: The body has higher-than-normal levels of sugar in the bloodstream.

Prevention

Although Type 1 diabetes is not preventable, many cases of Type 2 diabetes is preventable with good lifestyle habits and choices. A few ways you can prevent pre-diabetes or diabetes are:

Healthy Eating

Eating a well-balanced diet that includes lots of fruits, vegetables, lean proteins, low-fat dairy and whole grains can help you fuel your body and keep feeling great with all the right vitamins and minerals.

Physical Activity

Children and teens should get at least 60 minutes of moving, playing and exercise daily.

Weight Loss

Talk to your Primary Care Provider about what weight is appropriate for your age

Practicing Gratefulness

So much of 2020 has centered around Coronavirus, that it can be hard to think about anything else. As we approach Thanksgiving, it's a great opportunity to take time with your family to appreciate what you do have, and the good things in your life.

One of the great things with gratefulness is that as you practice finding the good, your attitude and positivity may change, and it can help your outlook during difficult times.

Two great ways to practice gratitude are:

Notice the Good Things

Create a habit or ritual with your family that one time a day or week you get together and bring up 1, 2 or even 3 things you are thankful for. This can be before a meal, before you go to bed, or while you are in the car.

Express Gratitude

When talking about gratitude, many times we express it through saying "thank you" after something good has happened. While this is considered good manners, it's also about being appreciative.

Easy ways to express gratitude include showing your appreciation for family/friends/coworkers when they do something nice or when you can "pay it forward". You can also tell the people in your life how you feel about them and what they mean to you.

Once you start doing these tasks, take a moment and notice how you feel—we bet you'll be feeling great!

Importance of Flu Shots in 2020:

Flu vaccines reduce severe illness

Both the flu and COVID-19 are caused by different viruses, and it's possible to be infected by both at the same time or one after the other. Both, in severe cases, can cause life-threatening symptoms and even death.

By getting a flu shot, it can reduce the severity of those who get infected with the flu, or those who possibly get two respiratory illnesses in a row.

Getting your flu shot can help prevent an overcrowded health care system

Hospitals and health care systems are already strained with COVID-19 testing/patients, and flu season usually means more illness-related hospitalizations and visits. Everyone can have an impact on making sure that we have the appropriate medical capacity for those who need it!

Having a Healthy Thanksgiving

Thanksgiving is a time to celebrate what you have with those you love. Although your Thanksgiving may look a little different this year, choose to incorporate healthy choices however you choose to celebrate.

Lighten up some of the meal

Thanksgiving certainly has some staples, but can you get creative with more vegetables? Less dessert? A new side-dish that is light on calories and/or fat?

Family Exercise

Before or after the meal (or couch!), get the whole family involved with a walk around the block, a dance party, or playing in the yard.

Creativity

If you are not seeing family on Thanksgiving, incorporate a Zoom/Skype visit or phone call to feel connected or take time to do a gratefulness exercise with the family.

Wellness

Even though there will be holidays during the pandemic, and your plans likely will change, this is an opportunity to create new memories and possible new traditions that may stay with your family for years! Don't be afraid to be creative!

Corner

Making Online Research Easier

1. **Use your resources:** Teachers/Librarians are great resources for ideas on books, magazines and websites for research.
2. **Sort fact from fiction:** Reputable sites typically end in .gov and .edu, and be careful of sites that anyone can update (Wikipedia).
3. **Search smart:** Be specific with your search; using advanced search or different search operators can help you improve your searches.
4. **Stay focused:** Turn off your phone, log off social media and make sure to take breaks while researching.
5. **Cite right:** Don't take a chance with plagiarism—make sure to cite the sites and resources used.

Sign up for the **FREE** Virtual Fort HealthCare Frosty Rock 5k and 12k happening November 13th-15th.