



News at the Q



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Inside this issue:

National Health Observances for November

American Diabetes Month

National Alzheimer's Disease Awareness Month

National COPD Awareness Month
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American Diabetes Month

The American Diabetes Association recommends that people with diabetes have an individualized A1C goal. The goal for many adults with diabetes is less than 7 percent.

A higher or lower goal may be appropriate for some people. You should speak with your doctor about what goal is right for you.

Did you know that diabetes disproportionately affects different ethnic groups?

13.2% of all African-American adults live with diabetes

1 2.8% of all Hispanic adults live with diabetes. You can prevent or delay type 2 diabetes. Stay at a healthy weight, eat well and be active. With these steps, you can stay healthier longer and lower your risk of diabetes. Either way, understanding and managing your risk can help you prevent diabetes and heart disease and live a longer, better life.

Complications

Diabetes increases your risk for many serious health problems. The good news? With the correct treatment and recommended lifestyle changes, many people with diabetes are able to prevent or delay the onset of complications.



Skin Complications

Stay alert for symptoms of skin infections and other skin disorders common in people with diabetes.

Eye Complications

Keep your risk of glaucoma, cataracts and other eye problems low with regular check-ups.

Neuropathy

Nerve damage from diabetes is called diabetic neuropathy (new-ROP-uh-thee). About half of all people with diabetes have some form of nerve damage

Risk Factors

Overweight

High blood glucose(sugar)

History of diabetes during pregnancy, called gestational diabetes

High blood pressure

Unhealthy cholesterol

Physical inactivity

Smoking

Unhealthy eating

Age, race, gender and family history

Know Your Risk


Your first step is to know your risk. Take our Diabetes Risk Test, visit your health care provider and ask about your risk for type 2 diabetes and heart disease. Most of us have risk factors that raise our risk for these deadly diseases. For many of the risk factors, there are things we can do to lower our risk.

Are You Ready to Change?

Making a few small changes to eat healthier and be more active can have a big effect on your health. Going slowly raises your chances of being able to stick with your changes. Learn how to get started.

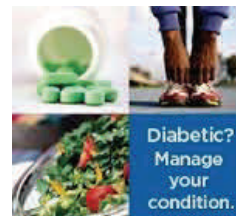
There are many diabetes causes to take into consideration. One of the largest causes of diabetes is lifestyle. Being overweight and lacking exercise can lead to diabetes, particularly in adults. Children who are obese when they are young have a much higher chance of getting type 2 diabetes than children who are not obese at a young age. Another cause of diabetes is high blood pressure and heart disease, which are also often caused by poor diet and lifestyle.

<http://www.diabetes.org/living-with-diabetes/complications/?loc=1wd-slabnav?referrer=http://www.diabetes.org/diabetes-basics/americas-diabetes-challenge/?loc=db-slabnav>

National Alzheimer's Disease Awareness Month  2

National COPD Awareness Month  2

Outreach Events  2



Open Enrollment November 1, 2018!!!

For more information, please contact
Veronica or Harry
215) 227-0300
ext. 7326 or 7309



Q's Corner

GREAT LEADERS DON'T SET OUT TO BE A LEADER...THEY SET OUT TO MAKE A DIFFERENCE. ITS NEVER ABOUT THE ROLE-ALWAYS ABOUT THE GOAL.

LiveHoIaha.com

National Alzheimer's Disease & National COPD Awareness Month

National Alzheimer's Disease Awareness

Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.

Alzheimer's is the most common form of dementia, a general term for memory loss and other intellectual abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60 to 80 percent of dementia cases. **Alzheimer's is not a normal part of aging,** although the greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. But Alzheimer's is not just a disease of old age. Up to 5 percent of people with the disease have early onset Alzheimer's (also known as younger-onset), which often appears when someone is in their 40s or 50s.

Alzheimer's worsens over time. Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. Alzheimer's is the sixth leading cause of death in the United States. Those with Alzheimer's live an average of eight years after their symptoms become noticeable to others, but survival can

range from four to 20 years, depending on age and other health conditions. **Alzheimer's has no current cure, but treatments for symptoms are available and research continues.** Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Today, there is a worldwide effort under way to find better ways to treat the disease, delay its onset, and prevent it from developing.

Help is available

If you or a loved one has been diagnosed with Alzheimer's or a related dementia, you are not alone. The Alzheimer's Association is the trusted resource for reliable information, education, referral and support to millions of people affected by the disease.

Call our [24/7 Helpline: 800.272.3900](tel:800.272.3900)
[Locate a chapter](#) in your community or **Speak with your QCHC Provider (215) 227-0300**

http://www.alz.org/alzheimers_disease_what_is_alzheimers.asp

National COPD Awareness Month

Chronic obstructive pulmonary disease (COPD), which includes chronic bronchitis and emphysema, is a chronic lung disease that makes it hard to breathe. The disease is increasingly common, affecting millions of Americans, and is the third leading cause of death in the U.S. The good

news is COPD is often preventable and treatable

What Are COPD Symptoms?

Many people don't recognize the symptoms of COPD until later stages of the disease. Sometimes people think they are short of breath or less able to go about their normal activities because they are "just getting older." But shortness of breath is never normal. If you experience any of these symptoms, or think you might be at risk for COPD, it is important to discuss this with your doctor.

- Chronic cough
- Shortness of breath while doing everyday activities (dyspnea)
- Frequent respiratory infections
- Blueness of the lips or fingernail beds (cyanosis)
- Fatigue
- Producing a lot of mucus (also called phlegm or sputum)
- Wheezing

Remember: Don't wait for symptoms to become severe because valuable treatment time could be lost. **Early detection of COPD is key to successful treatment.**

Living with COPD

It is inevitable that your life will change after being diagnosed with chronic obstructive pulmonary disease (COPD). It may not be as easy to do the things you used to do before. Not only are there physical challenges, there are emotional challenges too. The good news is that you can find support to help you make lifestyle changes, better manage your COPD and enhance your quality of life.

Managing COPD

Get tips and tools to help you

manage your COPD. Create a management plan to track your medication and healthcare needs, learn about nutrition and exercise, get advice on coping with emotions and see how to plan your future care with your doctors and caregivers.

Finding Support

An important part of living with COPD is finding the right support, both for you and your caregivers. See where you can find help from others who share common experiences, get tips on paying for care and learn how you can advocate to improve the lives of others with COPD.

For more information contact your Doctor (215) 227-0300

<http://www.lung.org/lung-health-and-diseases/lung-disease-lookup/copd/symptoms-causes-risk-factors/symptoms.html>



QCHC 16TH ANNUAL FOOD DRIVE

It's that time again! Every year, QCHC staff is asked to donate canned goods and non perishable Thanksgiving dinner items to create baskets for community families.

Wednesday, October 31, through Wednesday, November 20, 2018.

Individuals donating Turkeys please bring on November 21, 2018. Please see the board in the 3rdFl. Lobby, to sign up for your most generous donation. **Monetary Donations are gladly accepted.**