



News at the Q



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November - 2019 - Grateful

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American Diabetes Month

No matter where you are in your fight, here's where you need to be.

Whether you've been newly diagnosed, have been fighting against type 1 or type 2 diabetes for a while, or are helping a loved one, you've come to the right place. This is the start of gaining a deeper understanding of how you can live a healthier life—with all the tools, health tips, and food ideas you need. Wherever you're at with this disease, know that you have options and that you don't have to be held back. You can still live your best life. All you have to do is take action and stick with it.

Understanding Type 1

In type 1 diabetes, the body does not produce insulin. The body breaks down the carbohydrates you eat into blood sugar that it uses for energy—and insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body. With the help of insulin therapy and other treatments, everyone can learn to manage their condition and live long healthy lives.

Remember: this is a condition that can be managed. By living a healthy lifestyle filled with exercise and proper diet, you can live a normal life and do everything you set out to do.

Understanding Type 2

Type 2 diabetes is the most common form of diabetes—and it means that your body doesn't use insulin properly. And while some people can control their blood sugar levels with healthy eating and exercise, others may need medication or insulin to help manage it. Regardless, you have options—and tools, resources, and support to help you fight.



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

Learn the keys to healthy eating.

Knowing what to eat can be confusing. Everywhere you turn, there is news about what is or isn't good for you. But a few basic tips have withstood the test of time. Regardless of what cuisine you prefer, here's what all healthy eating plans have in common. They include:

- Fruits and vegetables
- Lean meats and plant-based sources of protein
- Less added sugar Less processed foods

Fitness

Regular exercise can help put you back in control of your life. If you're not into regular exercise, putting together an exercise plan can be a bummer.

But remember, along with your diet and medications, regular physical activity is an important part of managing diabetes or dealing with prediabetes. Because when you're active, your cells become more sensitive to insulin so it works more effectively. You just feel better and look better. So, however you want to do it—taking regular walks around the block, going for a run, or signing up for a marathon—getting started is the most important part.

Loved ones

Hearing that your child or loved one has diabetes can be a shock. But after that shock wears off, know that there are plenty of things you can do to help manage this illness. With planning and preparation, you can get back to normal life and resume your daily activities. You can make physical activity part of every day. You can create a balanced diet for your child—one that everyone can live with and thrive on. Throughout it all, know that diabetes can't keep your child from doing whatever they want and achieve their highest goals. There are Olympic athletes with diabetes, as well as professional football players, politicians, actors, rock stars, and CEOs. So, take a deep breath. You can do so much to make sure the people you love are thriving as they manage their diabetes.

<https://www.diabetes.org/diabetes>



Open Enrollment November 1, 2019!!!

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



Q's Corner

GRATITUDE IS THE HEALTHIEST OF ALL HUMAN EMOTIONS. THE MORE YOU EXPRESS GRATITUDE FOR WHAT YOU HAVE, THE MORE LIKELY YOU WILL HAVE EVEN MORE TO EXPRESS GRATITUDE FOR.
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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 17TH 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 2, through Tuesday, November 26, 2019.
Individuals donating Turkeys please bring on November 26, 2018.

Please see the board in the 3rdFl. Lobby, to sign up for your most generous donation.

Monetary Donations are gladly accepted.