



ALL ABOUT NOVEMBER

NATIONAL DIABETES AWARENESS MONTH

We know it can be hard to hear that you have diabetes. Good news: You're not alone. A supportive community is here for you as you navigate your diabetes journey. Your diagnosis is just the beginning, and there are effective ways to manage it—through diet, exercise, medical assistance, and emotional support. Dive in, take action, and rest assured that everything you need can help you lead a long, healthy life surrounded by people who understand your experience.

Living with type 1 diabetes means your pancreas doesn't produce insulin, necessitating regular blood glucose monitoring and daily insulin injections. If you're newly diagnosed, there are various tools available for managing your condition, from monitoring levels to adjusting insulin, diet, and exercise. Collaborating with your diabetes care team is crucial for a healthier and more proactive lifestyle. Don't hesitate to share your feelings and ask for support; connecting with those around you is essential for thriving with type 1 diabetes.

Type 2 diabetes is the most common form, where the body doesn't use insulin properly. Some manage blood glucose through healthy habits, while others may require medication or insulin.

Info found at diabetes.org



SOME SIGNS OF DIABETES AWARENESS

According to the Mayo Clinic

- Feeling more thirsty than usual
- Urinating often
- Losing weight without trying
- Presence of ketones in the urine
- Feeling tired and weak
- Feeling irritable or having other mood changes
- Having blurry vision
- Having slow-healing sores
- Getting a lot of infections, such as gum, skin and vaginal infections

FREE RESOURCES

- American Diabetes Association: <https://diabetes.org/>
- The CDC diabetes section: cdc.gov/diabetes

2024 CONFERENCE

- WCI ANNUAL CONFERENCE: <https://www.wci360.com/conference/register/>



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<https://achieveservices.net/> 