



For The Health Of It

November is National Diabetes Awareness Month

Diabetes is a disease that happens when a person’s blood glucose (sugar) is too high. This can happen because the pancreas doesn’t produce insulin which is needed to use sugar for energy in the body (Type 1). Type 2 diabetes is when the body isn’t able to use insulin efficiently. It becomes insulin resistant.

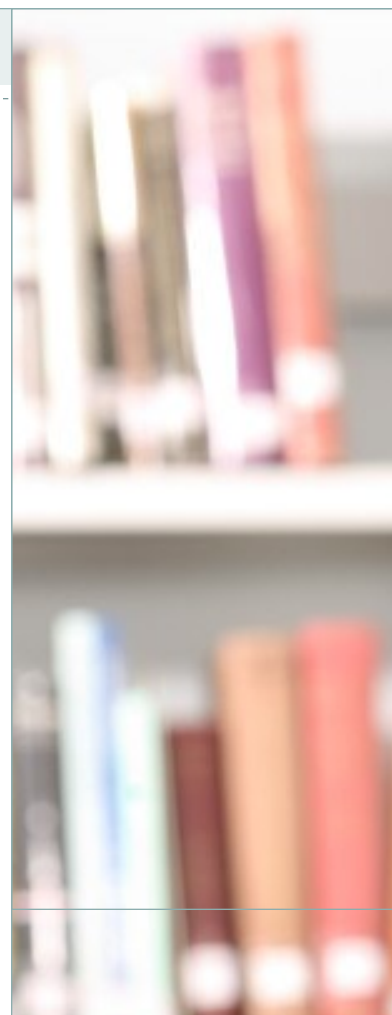
Type 2 diabetes makes up about 90% of all diabetes diagnosis. It is estimated that about 13% of Warren County adults have been diagnosed with diabetes. There many more adults that have diabetes but don’t know it. In addition to undiagnosed diabetics, there are even more Warren County adults who are pre-diabetic which increases the risk for diabetes.

Uncontrolled diabetes can cause a lot of health issues including damage to eyes, kidneys, nerves, and heart.

Risk factors for Type 2 diabetes include

- Have prediabetes.
- Are overweight.
- Are 45 years or older.
- Have a parent, brother, or sister with type 2 diabetes.
- Are physically active less than 3 times a week.
- Have ever had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed over 9 pounds.
- Are an African American, Hispanic or Latino, American Indian, or Alaska Native person. Some Pacific Islanders and Asian American people are also at higher risk.

Continued pg. 3



INSIDE THIS ISSUE

World AMR Awareness2

Healthy Skin Month2

GERD Awareness.....2

Great American Cookout3

Diabetes Awareness Cont.3

Need Health Insurance?4

National Home Care Month4

Lung Cancer Awareness.....5

Lung Cancer Screening.....5

Holiday Food Safety, Pregnancy & Food Safety6

World AMR Awareness week

Antimicrobial resistance (AMR) happens when microorganisms such as bacteria, fungi, viruses, and parasites develop the ability to continue to grow. They continue to grow even when they are exposed to antimicrobial medicines that are meant to kill them or limit their growth. These medications are known more commonly as antibiotics, antifungals, antivirals, antimalarials, and anthelmintics.

Due to resistance, these medications are becoming ineffective and infections persist in the body, increasing the risk of spreading to others.

Drug resistance is one of the most serious health threats facing humanity. It could cause 10 million deaths per year and an overall cost of \$100 trillion to the global economy by 2050.

The World AMR Awareness Week (WAAW) is a global campaign to raise awareness and understanding of AMR and promote best practices to reduce the emergence and spread of drug-resistant infections. WAAW is celebrated from November 18-24 every year. AMR is a threat to humans, animals, plants and the environment. It affects us all.

What can you do to prevent antimicrobial resistance?

Only use antibiotics prescribed by a doctor

Complete your treatment

Never share or use leftover antibiotics

Prevent infections with good hygiene, safe sex and vaccinations



National Healthy Skin Month

National Healthy Skin month was created in 1997 by the American Academy of Dermatology to encourage people to learn about the functions of the skin as well as how to keep it working and looking its best. The goal is to raise awareness about the importance of keeping your skin fresh and hydrated year round.

Celebrate National Healthy Skin Month by following these tips:

- Be mindful of good skin care habits all year long.
- Wash your face every day with a gentle cleanser. Determine your skin type and avoid products that aggravate skin conditions.
- Take time to rest and chill out. As the holidays approach, schedules get hectic, sweets are all around, and stress makes your skin break out.
- Make sure to get a good night's sleep and exercise in the fresh air.
- Try to get a daily dose of Vitamin D from the sun or supplement with D3 to fend off seasonal depression and support healthy bones and skin.
- Stay hydrated by drinking eight glasses of water (or more) daily and watch your alcohol intake. Water flushes out toxins, reduces puffiness, and makes wrinkles less visible – alcohol does the opposite.
- Lather on a heavier lotion or skin cream after showers, use a lip balm with SPF protection and wear sunscreen while doing winter sports. The AAD also recommends **petroleum jelly for dry skin** and other skin issues.
- Apply an SPF 30 daily in any kind of weather. Sunscreen protects against ultraviolet rays and other environmental exposure that accelerates aging.
- Perform monthly self-skin exams to look for changes to moles and spots with unusual shapes or colors, which can lead to skin cancer. In addition, skin changes including itching or a rash can be the first sign of other health issues.
- If you have skin cancer risk factors – family history, multiple moles, freckles, **red hair**, or fair skin that burns easily – **see a dermatologist annually**.

GERD Awareness Month

Gastroesophageal reflux disease (GERD) occurs when stomach acid repeatedly flows back into the tube connecting your mouth and stomach, called the esophagus. This backwash can irritate the lining of the esophagus, causing discomfort.

Many people experience acid reflux from time to time, but when it happens repeatedly over time, it is known as GERD. Most people are able to manage the discomfort of GERD with lifestyle changes and medication. It is uncommon, but some may require surgery to ease symptoms.

Common signs and symptoms:

- Heartburn
- Difficulty swallowing or the sensation of a lump in your throat
- Chest or upper abdominal pain
- Coughing, choking, wheezing
- Sore throat
- Sour taste in mouth
- Hiccups
- Hoarse sounding or changing voice
- Belching or excessive burping

Causes

GERD is caused by frequent acid reflux. When you swallow, a circular band of muscle around the bottom of your esophagus relaxes to allow food and liquid to flow into your stomach. The band then closes again. If the band does not relax as it should, stomach acid can flow back into your esophagus. This constant backwash

of acid irritates the lining of your esophagus, causing inflammation.

Risk Factors

Factors that increase risk of GERD include:

- Obesity
- Hiatal hernia- upper part of the stomach is trapped by the diaphragm
- Pregnancy
- Smoking
- Large meals or meals before sleeping
- Certain foods and drinks
- Some medications

Complications

Over time, constant irritation by stomach acid can cause

- Inflammation of the esophagus, breakdown of tissue, bleeding, and ulcers. This causes pain and difficulty swallowing
- Scar tissue formation in the esophagus causing narrowing. This narrow pathway can lead to difficulty and pain with swallowing
- Damage to the esophagus can cause precancerous changes to the cells. This is called Barrett's Esophagus. This is associated with an increased risk of esophageal cancer.

You should always talk to your doctor if you are experiencing symptoms or have questions about GERD.

DIABETES AWARENESS MONTH CONT.

If you have any of the following symptoms of diabetes talk with your doctor about getting your blood sugar checked.

- Urinate (pee) a lot, often at night
- Are very thirsty
- Losing weight without trying
- Are very hungry
- Have blurry vision
- Have numb or tingling hands or feet
- Feel very tired
- Have very dry skin
- Have sores that heal slowly
- Have more infections than usual

Can Type 2 Diabetes be prevented? Yes!

It is possible to prevent or delay Type 2 diabetes through lifestyle changes. Changes include

- Losing some excess body weight through sustainable means not extreme dieting or exercise programs.
- Following a healthy eating plan that includes lots of fruits and vegetables. Avoid highly processed foods and sugary drinks.
- Increasing physical activity. Exercise helps control blood sugar and can help with weight loss.
- Limiting or eliminating alcohol intake.
- Quit smoking
- Find support. Ask your doctor about support groups or online programs that can help keep you on track.

Remember lifestyle changes last a lifetime and are not short-term fixes. Making a plan and setting goals can help you achieve success.

What if I am diagnosed with diabetes?

The good news is diabetes can be managed. It is important to include lifestyle changes into your diabetes management plan.

Managing your diabetes starts with talking with your doctor about what steps you need to take to keep your blood sugar in check. Blood sugar monitoring can be done using a blood sugar meter and a small drop of blood from a finger stick or using a continuous blood glucose meter.

- Checking blood sugar levels regularly is very important. Monitor your blood sugars when you first wake up before you eat, before a meal, two hours after a meal and just before bedtime.
- Know the target range for health blood sugar levels .
- Learn to recognize the signs and symptoms for low blood sugar (hypoglycemia) and high blood sugar (hyperglycemia) and what you need to do to correct those conditions.
- Take any prescribed medication as directed by your doctor.
- Ask your doctor about having an A1C test. The A1C test is a simple blood test that measures your average blood sugar levels over the past 2 or 3 months. The test is done at a lab or your doctor's office in addition to—not instead of—regular blood sugar testing you do yourself.

Remember Type 2 Diabetes can be prevented or reversed and shouldn't be considered a normal part of aging. Small steps now can keep you healthy later.

For more information about diabetes prevention and management visit the [CDC's Diabetes](https://www.cdc.gov/diabetes/) homepage.



The Great American Smokeout

About 34 million American adults still smoke cigarettes, and smoking remains the single largest preventable cause of death and illness in the world. Smoking causes an estimated 480,000 deaths every year, or about 1 in 5 deaths.

You do not have to stop smoking in one day. Start with day one.

Make the Great American Smokeout event on the third Thursday in November be your day to start your journey toward a smoke-free life.



Giving up smoking is a journey, and it can be hard, but you can increase your chances of success with a good plan and support.

Getting help through counseling and medications doubles or even triples your chances of quitting successfully.

**Need Health Insurance?
Don't know Where to Start?**

Adirondack Health Institute's [EASE Program](#) (Enrollment Assistance Services and Education) can help.

EASE staff assist individuals, families and small business owners enroll in health insurance coverage through the NY State of Health Marketplace. They serve eight counties: Clinton, Essex, Franklin, Fulton, Hamilton, Saratoga, Warren, and Washington.

There is no charge and it is not an insurance company. EASE helps you look at available insurance plans and find out if you're eligible for financial assistance.

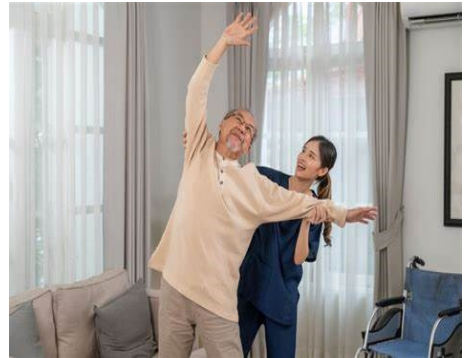
[Request an appointment online](#) or call toll-free, **1.866.872.3740**, to make an appointment with a certified enrollment specialist. They'll help you review your health insurance choices in-person, for free.

If you or a family member needs help accessing substance use disorder and/or mental health services, or if you want to learn how to get the most from your health insurance benefits to cover such services, they can help with that too. Visit the [CHAMP](#) program web page to learn more about this free service.

Every New York State resident is eligible to enroll in a [Qualified Health Plan](#) through the NY State of Health Marketplace. Individuals, families, and small business owners can shop for, compare, and enroll in a health insurance plan. All insurance plans available in the Marketplace offer comprehensive coverage. The Marketplace is also the only place to get financial assistance to reduce the cost of coverage.

Enrollment period: November 1 – January 31.

NATIONAL HOME CARE MONTH



Warren County Health Services has been providing certified home healthcare since 1966.

What is Home Care: We are a professional care team that assists with helping individuals regain their sense of health and wellbeing in the comfort of their own home.

- Designed to help people get well, stay well and remain independent at home.
- Care for any medical problem that can be appropriately managed at home including recovery from illness or surgery, chronic disease care, physical disabilities, even terminal illness.

Our Home Care Nurses are-

- Qualified healthcare professional and assistants trained to provide and coordinate Home Health Care needs.

Services offered-

- **Nursing**—including wound care, disease management, medication management, along with care coordination
- **Telemedicine Monitor program**—Daily Nurse Monitoring of Health Status
- IV and Home Chemotherapy
- Palliative Care
- Physical, Occupational, and Speech Therapy

November is a great time to recognize and celebrate millions of people—from administrators to clinicians to skilled nurses, home health aides, therapists, social workers and volunteers—who bring the best health care in the world into the homes of vulnerable patients of the country.

“Nurses are the Heart of Health Care”

Warren County Homecare

- **Services are available 7 days a week.**
- **24 hours after hours on call 7 days / week**

**Call—518-761-6415
Toll free— 1-800- 755-8102**

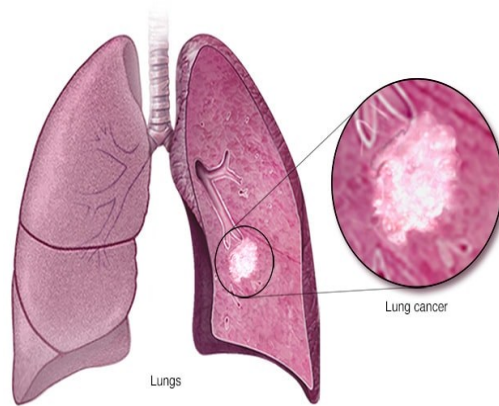


November is Lung Cancer Awareness

Lung cancer is a type of cancer that begins in the lungs. Lungs are two spongy organs in your chest that take in oxygen as you inhale and release carbon dioxide when you exhale.

LUNG CANCER is the leading cause of cancer death worldwide.

1 in 16 men and 1 in 17 women will be diagnosed with lung cancer in their lifetime.



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Causes of Lung Cancer

- **Smoking** is the leading risk factor for lung cancer, responsible for 80% of lung cancer deaths.

- Exposure to **radon gas** is the 2nd leading risk factor of lung cancer.
- Second hand smoke
- Asbestos
- Certain metals (arsenic, chromium, cadmium)
- Radiation
- Air pollution
- Diesel exhaust

Family history and genetic factors play a role in development of lung cancer.

Symptoms of Lung Cancer

- B**– Blood when you cough or spit
- R**– Recurring respiratory infections
- E**– Enduring cough, that is new or different
- A**– Ache or pain in shoulder, chest or back
- T**– Trouble breathing
- H**– Hoarseness or wheezing
- E**– Exhaustion, weakness or loss of appetite

Reduce your risk of Lung Cancer

If you smoke, get the help you need to quit.

CALL, TEXT OR VISIT the free and confidential **New York State Smokers' Quitline @ 1-866-NYQUITS (1-866-697-8487)**, text (716)30-4688 or visit online at <https://www.nysmokefree.com/> to chat and for information and support in breaking free from tobacco and nicotine.

You can also call [(800)QUIT– NOW (784-8669)] or visit www.smokefree.gov

Lung Cancer Screening

Early detection of lung cancer can reduce chances of death by up to 20%.

Are you eligible ?

- Age: if you are 50-80 years old
- Smoke: if you currently smoke or have quit smoking in the past 15 years
- Have a 20– pack– year smoking history: smoked at least 1 pack a day for 20 years or 1/2 pack a day for 40 years.

Have at least a
20-PACK-YEAR
smoking history

 X  = **20** pack-year history
1 pack per day 20 years
Or 1/2 pack a day 40 years

The only recommended screening test for lung cancer is low-dose computed tomography (also called a low-dose CT scan, or LDCT). During an LDCT scan, you lie on a table and an X-ray machine uses a low dose (amount) of radiation to make detailed images of your lungs. The scan only takes a few minutes and is not painful.

The Center for Medicare and Medicaid Services covers a lung cancer screening for eligible individuals ages 50-77 and who are enrolled in Medicare or Medicaid.

Talk to your Physician to learn more about Lung Cancer Screenings and if you should get screened.

HOLIDAY FOOD SAFETY. PREVENT FOOD POISONING

Pregnancy and Holiday Food

Pregnant people are at increased risk of food poisoning, so take extra care if you're pregnant or preparing food for someone who is.

- Do not eat or drink [raw or unpasteurized milk](#) and products made with it, such as soft cheeses. They can contain harmful germs, including [Listeria](#).
- Don't drink raw or unpasteurized juice and cider.
- Be careful with seafood. Do not eat smoked seafood that was sold refrigerated unless it is in a cooked dish, such as a casserole.
- Do not eat or taste raw flour, dough, or batter.
- Avoid some holiday beverages. Don't drink holiday punches and eggnogs that contain alcohol.
- Avoid eggnog entirely unless you know it doesn't contain alcohol and is pasteurized or made with pasteurized eggs and milk.



Public Health
Prevent. Promote. Protect.

In the US and globally food is often front and center at most holiday celebrations. This year make sure you keep your family and guests safe from food poisoning. Here are some holiday food prep and cooking tips to keep everyone safe

Keep foods separated. Keep meat, chicken, turkey, seafood, and eggs [separate](#) from all other foods at the grocery store and in the refrigerator. Prevent juices from meat, chicken, turkey, and seafood from dripping or leaking onto other foods by keeping them in containers or sealed plastic bags. Store eggs in their original carton in the main compartment of the refrigerator.

Cook food thoroughly. Use a food thermometer to make sure meat, chicken, turkey, seafood, and eggs have been cooked to a [safe internal temperature](#) to kill germs. Roasts, chops, steaks, and fresh ham should rest for 3 minutes after you remove them from the oven or grill.

Keep food out of the “danger zone.” Bacteria can grow rapidly in the [danger zone](#) between 40°F and 140°F. After food is prepared, keep hot food hot and cold food cold. Refrigerate or freeze perishable food like meat, chicken, turkey, seafood, eggs, cut fruit, cooked rice, and leftovers within 2 hours (1 hour if food is exposed to temperatures above 90°F, such as in a hot car). The temperature in your refrigerator should be set at 40°F or below and the freezer at 0°F or below.

Use pasteurized eggs for dishes containing raw eggs. [Salmonella](#) and other harmful germs can live on both the outside and inside of normal-looking eggs. Many holiday favorites contain raw eggs, including eggnog, tiramisu, hollandaise sauce, and Caesar dressing. Always use [pasteurized eggs](#) when making these and other foods made with raw eggs.

Do not eat raw dough or batter. Dough and batter made with flour or eggs can contain harmful germs, such as [E. coli](#) and [Salmonella](#). Do not taste or eat [raw dough or batter](#) that is meant to be baked or cooked. This includes dough or batter for cookies, cakes, pies, biscuits, pancakes, tortillas, pizza, or crafts. Do not let children taste raw dough or batter or play with dough at home or in restaurants. Some companies and stores offer edible cookie dough that uses heat-treated flour and pasteurized eggs or no eggs. Read the label carefully to make sure the dough is meant to be eaten without baking or cooking.

Thaw your turkey safely. Thaw turkey in the refrigerator, in a sink of cold water (change the water every 30 minutes), or in the microwave. Do not thaw turkey or other foods on the counter. A [turkey must thaw](#) at a safe temperature to prevent harmful germs from growing rapidly. Learn more about [preparing turkey safely](#).

Wash your hands with soap and water during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **After** handling pet food or pet treats or touching pets
- **After** using the toilet
- **After** [changing diapers](#) or cleaning up a child who has used the toilet
- **After** touching garbage
- **Before and after** caring for someone who is sick
- **Before and after** treating a cut or wound
- **After** blowing your nose, coughing, or sneezing

For more information about Holiday Food Safety visit CDC's Food Safety Page www.cdc.gov/foodsafety/index.html