# FAITH COMMUNITY WELLNESS NEWSLETTER

**NOVEMBER 2025**

## Diabetes

November is **Diabetes Awareness Month** — a time to raise awareness about diabetes, a chronic condition that affects how your body turns food into energy. Early detection, healthy habits, and education can make a big difference in preventing or managing diabetes.

### Key Facts

- About 38 million U.S. adults have diabetes, and **1 in 3 has prediabetes.**
- Risk factors include **overweight, family history, inactivity**, and **older age**.
- Diabetes is the **leading cause of kidney failure, vision loss, and lower-limb amputations**.

### Prevention Tips

• Eat balanced meals rich in **vegetables, lean proteins, and whole grains.**

• Aim for at least **150 minutes of physical activity** each week.

• **Stay hydrated** and limit sugary drinks.

• **Get your blood sugar checked regularly**

# Quick Diabetes Comparison: Type 1 vs Type 2

| Type 1 Diabetes | Type 2 Diabetes |
| --- | --- |
| Autoimmune: body attacks insulin-producing cells | Insulin resistance and gradual loss of insulin |
| Usually starts in childhood or teens | Usually adults (increasingly seen in youth) |
| Rapid symptoms: thirst, urination, weight loss, fatigue | Gradual symptoms: fatigue, thirst, urination, sometimes unnoticed |
| Requires insulin injections or pump | Managed with lifestyle changes, oral medications, sometimes insulin |
| **Not preventable** | **Often preventable** |

**Quick Takeaway:**
Type 1 = lifelong insulin from autoimmune cause.
Type 2 = often lifestyle-related and preventable or manageable

## Healthy Blood Sugar Levels

**For people without diabetes:**

- Fasting (before eating): 70-99 mg/dL
- 2 hours after eating: Less than 140 mg/dL

**For people with diabetes:**

- Fasting (before eating): 80-130 mg/dL
- 2 hours after eating: Less than 180 mg/dL

**A1C (average over 3 months):**

- Normal: Below 5.7 %
- Prediabetes: 5.7%- 6.4%
- Diabetes: 6.5% or higher

## Warning Signs & Symptoms of Diabetes

- Urinating often
- Feeling very thirsty
- Feeling very hungry (even though you are eating)
- Extreme fatigue
- Blurry vision
- Cuts/ bruises that are slow to heal
- Weight loss- even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/ feet (type 2)

# Lung Cancer

November is also **Lung Cancer Awareness Month** — an important reminder that lung cancer remains the leading cause of cancer-related deaths in both men and women. Awareness and screening save lives through early detection and prevention.

## Key Facts

• Lung cancer accounts for more deaths than breast, prostate, and colorectal cancers combined.

• Smoking causes 80–85% of all lung cancer cases, but non-smokers can still develop it.

• Radon, asbestos, air pollution, and family history can also increase risk.

## Tips

- **QUIT SMOKING**- smoking is the leading cause of lung cancer
- **Avoid secondhand smoke** and harmful exposures (radon, asbestos, toxic fumes)
- Test your home for **radon**: this invisible gas is a **top cause of lung cancer among non-smokers**
- **Get regular checkups:** talk to your healthcare provider about your risk and whether lung cancer screening is right for you

# Signs & Symptoms of Lung Cancer:

**Chronic cough:** A cough that you have had for eight weeks or longer is considered chronic. This is an important early symptom that tells you something is wrong with your respiratory system.

**Shortness of breath:** It's not normal to experience shortness of breath that doesn't go away after exercising, or that you have after little or no exertion. Labored or difficult breathing—the feeling that it is hard to breathe in and out—is also a warning sign.

**Chronic mucus production:** Mucus, also called sputum or phlegm, is produced by the airways as a defense against infections or irritants. If your mucus production has lasted a month or longer, this could indicate lung disease.

**Wheezing:** Noisy breathing or wheezing is a sign that something unusual is blocking your lungs' airways or making them too narrow.

**Coughing up blood:** If you are coughing up blood, it may be coming from your lungs or upper respiratory tract. Wherever it's coming from, it signals a health problem.

**Chronic chest pain:** Unexplained chest pain that lasts for a month or more—especially if it gets worse when you breathe in or cough—also is a warning sign.

# Screening

At present, a test known as a **low-dose CT (LDCT) scan** is used to screen people at higher risk (mainly because they smoke or used to smoke) for lung cancer. LDCT scans can help find abnormal areas in the lungs that may be cancer. Research has shown that unlike chest x-rays, yearly LDCT scans to screen people at higher risk of lung cancer can save lives. For these people, getting yearly LDCT scans before symptoms start helps lower the risk of dying from lung cancer.

***Sources:***

## American Diabetes Association

https://diabetes.org/

## American Lung Association

https://www.lung.org/