

# November Awareness

## Diabetes, Alzheimer's & Dementia, and Lung Cancer

### American Diabetes Month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled. One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes. The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include eating healthy, getting more physical activity, and losing weight.

Encourage people to make small changes, like taking the stairs instead of the elevator.

Talk to people in your community about getting regular checkups. They can get their blood pressure and cholesterol checked and ask the doctor about their diabetes risk.

Ask doctors and nurses to be leaders in their communities by speaking about the importance of healthy eating and physical activity.

**For more information please go to:**

<https://healthfinder.gov/NHO/NovemberToolkit.aspx>  
or [www.diabetes.org](http://www.diabetes.org)

### Lung Cancer

**What Is Lung Cancer** - Though lung cancer is common, many people don't know much about it or are afraid to learn. Learning about lung cancer can help you better understand the disease and its risk factors. When you know more about lung cancer, you can feel more in control of your health and help educate others.

**Lung Cancer Basics** - Lung cancer happens when cells in the lung change (mutate). They grow uncontrollably and cluster together to form a tumor. There are two main types of lung cancer, small cell lung cancer, and non-small cell lung cancer.

**Lung Cancer Causes and Risk Factors** - Anyone can get lung cancer. Lung cancer occurs when cells in the lung mutate or change. Most often, this change in lung cells happens when people breathe in dangerous, toxic substances. Smoking is the greatest risk factor, but there are others like exposure to radon gas and air pollution.

**Lung Cancer Symptoms** Lung cancer can go undiagnosed for a long time because symptoms—such as a nagging cough—can be chalked up to other health issues. If your symptoms persist, ask your doctor about lung cancer. More details can be found by clicking <https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/lung-cancer/learn-about-lung-cancer/>

## Alzheimer's

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 cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60 percent to 80 percent of dementia cases.

Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and most people with Alzheimer's are 65 and older. But Alzheimer's is not just a disease of old age. Approximately 200,000 Americans under the age of 65 have younger-onset Alzheimer's disease (also known as early-onset Alzheimer's).

## Dementia

Alzheimer's worsens over time. Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over several 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.

For more information please visit <https://www.alz.org/>