

# November 2020 Health Awareness-Hot Topics

**November is Diabetes Awareness Month** - Diabetes, also called diabetes mellitus, is a condition that causes blood sugar to rise. A fasting blood glucose (sugar) level of 126 milligrams per deciliter (mg/dL) or higher is dangerous.



**How diabetes develops** -When your digestive system breaks down food, your blood sugar level rises. The body's cells take up the sugar (glucose) in the bloodstream and use it for energy. The cells do this using a hormone called insulin, which is produced by the pancreas (an organ near the stomach). When your body does not produce enough insulin and/or does not efficiently use the insulin it produces, sugar levels rise in the bloodstream. As a result:

1. Right away, the body's cells may be starved for energy.
2. Over time, high blood glucose levels may damage the eyes, kidneys, nerves, or heart.

For more information go to <https://www.heart.org/en/health-topics/diabetes/about-diabetes> or another great resource is <https://diabetes.org/>

**November is National Epilepsy Awareness** - According to the [Epilepsy Foundation](#), 1 in 10 people will experience a seizure throughout their life, and 1 in 26 will develop epilepsy. [Epilepsy](#) is a condition that affects the central nervous system. A person with epilepsy will experience a seizure when the brain's overactive electrical signals misfire. This causes disruption to the brain's normal activity resulting in a temporary communication problem among nerve cells. Most seizures last a few seconds or a few minutes and can make a person feel sleepy or confused for a period afterward. Some people may also not remember the seizure or what happened immediately before, while others may be very alert following a seizure. This varies from person to



person. Having a seizure does not necessarily mean that a person has epilepsy. But, if a person experiences one or many seizures for unclear reasons and is at risk for having additional seizures, they may be diagnosed with epilepsy. Epilepsy can be developed during childhood or later in life, and for some people with epilepsy, especially those who developed it at a young age, the seizures may become less frequent or eventually go away, depending on the cause or type of epilepsy. For more information go to <https://www.childrensmn.org>

**During the month of November – we celebrate those that provide Home Care and Hospice Care.** We honor the millions of nurses, home care aides, therapists, and social workers who make a remarkable difference for the patients and families they serve. These heroic caregivers play a central role in our health care system and in homes across the nation. To recognize their efforts, we call upon all Americans to commemorate the power of caring, both at the home and in their local communities and ask them to join with the National Association for Home Care & Hospice (NAHC) by celebrating November as Home Care and Hospice Month.

Home care includes any professional support services that allow a person to live safely in their home. In-home care services can help someone who is aging and needs assistance to live independently; is managing chronic

health issues; is recovering from a medical setback; or has special needs or a disability. Professional caregivers such as nurses, aides, and therapists provide short-term or long-term care in the home, depending on a person's needs.

Home care can be the key to achieving the highest quality of life possible. It can enable safety, security, and increased independence; it can ease management of an ongoing medical condition; it can help avoid unnecessary hospitalization; it can aid with recovery after an illness, injury, or hospital stay—all through care given in the comfort and familiarity of home. Home care can include:

- Help with daily activities such as dressing and bathing
- Assistance with safely managing tasks around the house
- Companionship
- Therapy and rehabilitative services
- Short- or long-term nursing care for an illness, disease, or disability—including tracheostomy and ventilator care



For more information go to <https://www.bayada.com/homehealthcare/what-is-homecare/> or [www.nahc.org](http://www.nahc.org)