

## November – Health Awareness Topics 2021

**November is Diabetes Awareness Month** - Did you know that more than one in five of the people in the United States who has diabetes doesn't even know they have it? According to the American Diabetes Association (ADA), that's 7.3 million people — out of a total 34.2 million — who aren't aware they're living with the disease and all the health risks that poorly managed blood sugar can pose. No wonder an awareness month is needed for diabetes. Understanding Diabetes - Diabetes puts people at risk for nerve damage, cardiovascular disease, foot and limb injuries, vision problems, and other complications that arise from having uncontrolled blood sugar, as the U.S. National Library of Medicine's MedlinePlus guide cautions. Not to mention, diabetes raises a person's risk of developing serious COVID-19, per the CDC. To learn more, click on this link <https://www.everydayhealth.com/diabetes/awareness-month/>



**November is Bladder Health Awareness Month** - During this month we all should focus our efforts on connecting, educating, and empowering individuals across the country to get the facts about important bladder health conditions such as interstitial cystitis, overactive and underactive bladder, urinary tract infections, bladder cancer, urotrauma, neurogenic bladder, and nocturia. Now is the time to take an active role in managing bladder health! Each week, a different bladder condition will be highlighted. Because interstitial cystitis (IC) symptoms are similar to those of other disorders of the bladder and there is no definitive test to identify IC, doctors must rule out other treatable conditions before considering a diagnosis of IC. The most common of these diseases in both sexes are urinary tract cancer and bladder cancer. In men, common diseases include chronic prostatitis or chronic pelvic pain syndrome. IC is not associated with any increased risk of developing cancer. The diagnosis of IC is based on the



- presence of pain related to the bladder, usually accompanied by frequency and urgency
- absence of other diseases that could cause the symptoms

Once other conditions are excluded, patients with characteristic signs and symptoms generally are treated for *presumed* IC. In certain circumstances, some clinicians may choose to evaluate further, with cystoscopy with hydrodistention under general anesthesia, or with urodynamic studies, or lidocaine instillation. To learn more, go to <https://www.ichelp.org/november-bladder-health-month/>

**November is Stomach Cancer Awareness Month** - November is a month known for the pleasure of eating and is the ideal month to raise awareness about gastric cancer. There is a great deal of focus on food, nourishment, and family during the holidays. It can be challenging for people dealing with stomach cancer, especially for those living without a stomach. Signs and Symptoms of Stomach Cancer can include:



- Indigestion, heartburn, or ulcer-type symptoms
- Difficulty swallowing
- Abdominal pain or vague discomfort in the abdomen, usually above the navel

- Nausea and vomiting and/or bloating after meals
- Vomiting blood, or blood in the stool
- Diarrhea or constipation
- Loss of appetite
- Unexplained weight loss
- Weakness and fatigue
- Sense of fullness after eating small amounts of food (also called early satiety)
- Symptoms may mimic other conditions, such as GERD, gastritis, or peptic ulcer

Signs and symptoms should not be ignored. Most of these symptoms may be caused by things other than stomach cancer. They may also occur with other types of cancer. People who have any of these symptoms, especially if they don't go away or get worse, should see their doctor to determine the cause and be treated. Here is some additional information

<https://nostomachforcancer.org/about-stomach-cancer/>

**November is National COPD Awareness Month**- With early diagnosis and treatment, people with chronic obstructive pulmonary disease (COPD) can improve their quality of life and breathe better. Symptoms of COPD include:

- Frequent coughing or wheezing.
- Excess phlegm, mucus, or sputum production.
- Shortness of breath.
- Trouble taking a deep breath.



What causes COPD?

In the United States, tobacco smoke is a key factor in the development and progression of COPD.<sup>2</sup> Exposure to air pollutants in the home and workplace, genetic factors, and respiratory infections also play a role. In the developing world, indoor air quality is thought to play a larger role than it does in the United States. People should try to avoid inhaling tobacco smoke, home and workplace air pollutants, and respiratory infections to prevent developing COPD. Early detection of COPD may change its course and progress.

COPD is diagnosed by a simple test, called spirometry, can be used to measure pulmonary—or lung—function and detect COPD in anyone with breathing problems. For more information go to

<https://www.cdc.gov/copd/basics-about.html>