

5 Healthy Habits for Diabetes Awareness Month



Add more veggies to your diet



Find an enjoyable exercise routine



Try going to bed an hour earlier



Simplify your diabetes regimen



Utilize blood sugar apps

verywell

November is Diabetes Awareness Month. More than 34 million Americans have diabetes and approximately one in three people in the US are at a high risk of developing type 2 diabetes.

Diabetes is a chronic disease that affects how your body turns food into energy. Diabetes can develop either due to not enough or low-production of insulin or from your body's inability to use the insulin it does produce.

Notes:

November

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Mark Ishaug's birthday
5 Daylight Savings Time ends	6	7	8	9	10 Veterans Day (observed)	11
12	13	14	15	16 Great American Smokeout	17	18
19	20 Transgender Day of Remembrance	21	22	23 Thanksgiving Day	24	25
26	27	28	29	30		

Health Tip: *Success on a Journey to Living Smoke-free*

1. Quitting is easier a little at a time. Multiple attempts might be needed to even cut back a few cigarettes at a time. No matter how long a person has smoked or how many cigarettes are smoked, quitting smoking now allows lung health to improve and recover.
2. Nicotine Replacement Therapy (NRT) comes in various forms: gum, patch, lozenge as well as forms of medication that can be prescribed. NRT combined with other therapies have the highest success rates.