



November Health Observances

American Diabetes Month

Lung Cancer Awareness Month

National Alzheimer's Disease Awareness Month

National Family Caregivers Month

Help Employees Kick the Habit on Nov. 17

Smoking kills people; it's as simple as that. Take advantage of the Great American Smokeout (GASO) on Thursday, Nov. 17 to encourage employees or someone you know to make a plan to quit, or plan ahead to quit tobacco that day. Quitting for even one day is an important step toward a healthier life and reducing the risk of cancer. There's no doubt quitting is hard, but smokers who get support and help through counseling or medications can double or triple their chances of quitting for good.

Thinking of hosting a GASO event at your workplace? Visit www.cancer.org for free resources.

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5 Ways Pets Can Improve Your Health

Feeling stressed? Reach for your pet. Research shows that spending quality time with a dog, cat or other pet can have a positive impact on both your mood and your health. Because people often feel better when they're around their pets, spending time with Fido or Fifi can be a calming stress-fighter, improving your health in a number of ways.

1. A Healthier Heart - Dog owners walk more and have lower blood pressure than people who don't have dogs. Studies show that heart attack survivors and people with serious abnormal heart rhythms who own dogs live longer than people with the same pets.



2. Stress Soothers - Petting your cat or dog not only feels good to your pet, it can also lower your blood pressure, help your body release a relaxation hormone, and cut down on stress hormone levels.

3. Better Mood, More Meaning - People with pets are generally happier, more trusting, and less lonely than those who don't have pets. They also visit the doctor less often for minor problems. One reason for that may be that your pet gives you a sense of belonging, meaning, and helps you feel like you have better control of your life.

4. Benefits for Baby's Immune System - Babies raised in families that have pets may be less likely to get allergies and asthma, some studies show. Babies with dogs or cats at home have fewer colds and ear infections during their first year than babies living in pet-free homes, one study found.

5. Social Support for Autistic Children - Research shows that kids tend to relate better to their classmates who have autism when pets are in the classroom. When children get involved with animals, they are more likely to view each other more positively and work together better.



Know the Signs: Alzheimer's and Dementia

In 1983, President Ronald Reagan designated November as National Alzheimer's Disease Awareness Month. At the time, fewer than 2 million Americans had been diagnosed with Alzheimer's, a brain disease that causes a slow decline in memory, thinking and reasoning skills. Today, the number of people with the disease has soared to nearly 5.4 million. If you're concerned that you or someone you care about may have Alzheimer's or another dementia, watch for these 10 warning signs and symptoms. Don't ignore them; early detection matters.

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks at home, at work or at leisure
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality



Do You Care for Someone with Alzheimer's?

The Alzheimer's Association recognizes that caring for someone with Alzheimer's can be overwhelming. That's why the organization offers a variety of resources to help and reminds caregivers that it's important to have a support network to take care of your own well-being. Learn about ways to be a healthy caregiver by visiting the Alzheimer's Association website at www.alz.org.

November: This is Diabetes



Throughout the month of November, the American Diabetes Association (ADA) will focus on raising awareness and create a sense of urgency about a growing this public health crisis. The campaign, themed "This is Diabetes," will showcase real-life stories of friends, families and neighbors managing the day-to-day triumphs and challenges of diabetes.



Did You Know?

29 million Americans have diabetes

1 in 11 Americans has diabetes today

Every **23 seconds**, someone in the United States is diagnosed with diabetes

86 million Americans are at risk for diabetes

As the **7th leading cause of death**, diabetes causes more deaths than AIDS and breast cancer combined.

For more information, visit diabetes.org



"If it doesn't challenge you, it doesn't change you."

~ Fred DeVito