

NOVEMBER WELLNESS

**AWARENESS OF: ALZHEIMER'S DISEASE, DIABETES,
LUNG CANCER & THE GREAT AMERICAN SMOKEOUT**



Wellness focuses during the month of November include: Alzheimer's Disease, Diabetes and Lung Cancer. In addition, Thursday, November 19th is The Great American Smokeout. This is the day that smokers are encouraged to sustain from smoking. For more information, please click here: [The Great American Smokeout](#).

While the exact cause of Alzheimer's Disease is still unknown, research is ongoing to find information. Risk factors seem to include age, having a close relative with the disease, certain genes linked to the disease, Down's Syndrome and having a history of head trauma. To learn more about Alzheimer's Disease, and to find a list of frequently asked questions such as: "What increases my risk for the disease?", "What are the warning signs?", "Can I prevent it?" and much more, click here to reach [Tuft's website](#). Go to the members page, and click on the Health Information & Tools tab and then Health Topics A-Z under Your Online Health Library. Input Alzheimer's Disease into the search engine, and click on the first link, "[Alzheimer's Disease](#)", to reach the article and additional informational links.

Did you know that the risk for type 2 diabetes increases with age? Type 2 diabetes occurs when either a person's body isn't responding to insulin as it should, or when the the pancreas does not make enough insulin. To learn the symptoms of diabetes, tips for staying healthy and tests for managing diabetes, click here to reach an article on Fallon's website:

[Diabetes and Seniors](#)

Type 1 Diabetes, previously known as juvenile diabetes, is usually diagnosed in children and young adults. Exercise is good for those diagnosed with Type 1 Diabetes; however, it is very important to balance insulin doses with food consumed and all activity performed. To learn more important information about exercising and type 1 diabetes, click here to reach an article offered through the Harvard Pilgrim website:

[Exercise and Type 1 Diabetes](#)

More deaths occurs from lung cancer (among both men and women) than from any other type of cancer. The leading risk factor for lung cancer is smoking. Smoking is a lifestyle habit that can be changed. For more on smoking, tips on how to quit, and The Great American Smokeout occurring this month, [click here](#).

For information about lung cancer, such as symptoms, risk factors and treatment, click here to read an article on BCBS's *ahealthyme* website:

[Lung Cancer](#)