

# November 2015

## Sullivan Benefits



## American Diabetes Month

Diabetes is a condition in which your body has high blood glucose. Type 1 diabetes means your body does not produce insulin, leaving excess sugar in your blood. Type 2 diabetes occurs when your body either doesn't make insulin or doesn't use it properly.

Diabetes can lead to other health problems, affecting your heart, kidneys, eyes, gums, teeth and nerves. Your risk for developing type 2 diabetes is increased by many factors, including the following:

- Obesity
- Inactivity
- High blood pressure
- Abnormal cholesterol levels
- Age (being 45 or older)
- Having untreated pre-diabetes

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

COPD Awareness Month – [www.lung.org](http://www.lung.org)  
 Diabetic Eye Disease Month – [www.preventblindness.org](http://www.preventblindness.org)  
 Lung Cancer Awareness Month – [www.lung.org](http://www.lung.org)  
 National Healthy Skin Month – [www.aad.org](http://www.aad.org)  
 American Diabetes Month – [www.diabetes.org/in-my-community/american-diabetes-month.html](http://www.diabetes.org/in-my-community/american-diabetes-month.html)  
 National Alzheimer's Disease Awareness Month – [www.alz.org](http://www.alz.org)  
 National Family Caregivers Month – [www.thefamilycaregiver.org](http://www.thefamilycaregiver.org)

1	2 Drowsy Driving Prevention Week	3	4	5	6	7
8	9	10	11 Veterans' Day	12	13	14
15	16	17	18	19	20 Great American Smokeout	21
22 International Survivors of Suicide Day	23 Gastroesophageal Reflux Disease Awareness Week	24	25	26 Thanksgiving National Family Health History Day	27	28
29	30	American Diabetes Month - <a href="http://www.diabetes.org">www.diabetes.org</a> COPD Awareness Month – <a href="http://www.lung.org">www.lung.org</a> Diabetic Eye Disease Month – <a href="http://www.preventblindness.org">www.preventblindness.org</a> National Alzheimer's Disease Awareness Month – <a href="http://www.alz.org">www.alz.org</a> National Family Caregiver's Month – <a href="http://caregiveraction.org">http://caregiveraction.org</a> National Healthy Skin Month – <a href="http://www.aad.org">www.aad.org</a> National Hospice Palliative Care Month – <a href="http://www.nhpco.org">www.nhpco.org</a> National Stomach Cancer Awareness Month – <a href="http://www.nostomachforcancer.org">www.nostomachforcancer.org</a>				Great American Smokeout (20) – <a href="http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index">www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index</a> International Survivors of Suicide Day (22) – <a href="http://www.afsp.org">www.afsp.org</a> Gastroesophageal Reflux Disease Awareness Week (23-29) – <a href="http://www.aboutgerd.org/site/about-gerd/gerd-awareness-week">www.aboutgerd.org/site/about-gerd/gerd-awareness-week</a> National Family Health History Day (26) – <a href="http://www.hhs.gov/familyhistory">www.hhs.gov/familyhistory</a>

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