

World Diabetes Awareness Month

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Sometimes your body doesn't make enough—or any—insulin or doesn't use insulin well. Glucose then stays in your blood and doesn't reach your cells.

What are the different types of diabetes?

The most common types of diabetes are Type 1, Type 2 and Gestational diabetes.

- **Type 1 Diabetes:** If you have type 1 diabetes, your body does not make insulin. Your immune system attacks and destroys the cells in your pancreas that make insulin. Type 1 diabetes is usually diagnosed in children and young adults, although it can appear at any age. People with type 1 diabetes need to take insulin every day to stay alive.
- **Type 2 Diabetes:** If you have type 2 diabetes, your body does not make or use insulin well. You can develop type 2 diabetes at any age, even during childhood. However, this type of diabetes occurs most often in middle-aged and older people. Type 2 is the most common type of diabetes.
- **Gestational Diabetes:** Gestational diabetes develops in some women when they are pregnant. Most of the time, this type of diabetes goes away after the baby is born. However, if you've had gestational diabetes, you have a greater chance of developing type 2 diabetes later in life. Sometimes diabetes diagnosed during pregnancy is actually type 2 diabetes.

National Alzheimer's Awareness Month

Alzheimer's, the most common form of dementia, is a fatal disorder that results in the loss of brain cells and function.

Know the 10 Signs - Early Detection Matters

- 1) Memory loss that disrupts daily life
- 2) Challenges in planning or solving problems
- 3) Difficulty completing familiar tasks
- 4) Confusion with time or place
- 5) Trouble understanding visual images or spatial relationships
- 6) New problems with words in speaking or writing
- 7) Misplacing things and losing the ability to retrace steps
- 8) Decreased or poor judgment
- 9) Withdrawal from work or social activities
- 10) Changes in mood and personality

Helpful Hints for Alzheimer's Caregivers

Daily Care A person with dementia will eventually need assistance with daily living. By using creativity and caregiving skills, you can adapt routines and activities as needs change. Use our resources to get ideas and connect with other caregivers.

- Encourage involvement in daily life.
- Help the person remain as independent as possible.
- Offer opportunities for choice.
- Establish a familiar routine.
- Sign up for our e-Newsletter for care tips and news.

Stages/Behaviors As Alzheimer's and other dementias progress, behaviors change – as does your role as caregiver. While changes in behavior can be challenging, we have resources to help you through each stage of the disease.

- Try not to take behaviors personally
- Remain patient and calm
- Explore pain as a trigger
- Don't argue or try to convince
- Accept behaviors as a reality of the disease and try to work through it.

Get Support Caring for someone with Alzheimer's can be overwhelming, but we have resources to help. As a caregiver, you likely have many responsibilities. It is important to have a support network to take care of your own wellbeing. Connect with an online caregiver community.

- Join a support group.
- Get strategies to manage stress.
- Learn new caregiving skills as the disease progresses.
- When people offer to help, let them.
- Know what community resources are available.

National Family Caregivers Month

There are more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. Education, peer support, and resources helps to improve the quality of life for both caregivers and those receiving care.

10 Tips for Family Caregivers

- 1.) Seek support from other caregivers.
- 2.) Take care of your own health so you can be strong enough to take care of others.
- 3.) Accept offers of help and suggest specific things people can do to help you.
- 4.) Learn to communicate effectively with doctors.
- 5.) Caregiving is hard work so take breaks often.
- 6.) Watch for signs of depression and don't delay getting professional help.
- 7.) Be open to new technologies that can help you.
- 8.) Keep medical information up to date and at hand.
- 9.) Make sure legal documents are in order.
- 10.) Give yourself credit for doing the best you can in one of the toughest jobs there is!



BE PREPARED VACCINATE!

Be safe and avoid as many risks as possible going into the Holiday season.

Flu vaccinations are safe and help strengthen infants, children and adults immune system. Keep your loved ones safe from serious vaccine-preventable diseases. Children and adults are exposed to thousands of germs every day. Germs are in the air you breathe and things people touch.

San Joaquin County Clinics offer convenient flu shot vaccines and COVID-19 testing. Contact us for details on how to keep your family healthy this coming Winter.

Make an Appointment Today:
(209) 468-6820



The Alzheimer's Association
Can Help...Visit or Call Us:
alz.org/education

In Your Community:
alz.org/findus

Helpline – Available 24/7
(TTY: 866.403.3073)



Visit us at: alzconnected.org

You Are Not ALONE!



For more information, contacts
and support visit CAN
(Caregivers Action Network):
<http://caregiveraction.org>