

**November is National Alzheimer's Disease Awareness Month.**

**It is a time to raise awareness about this debilitating condition and educate people about its symptoms, causes, and treatments.**

**Alzheimer's disease is a progressive brain disorder that affects memory, thinking, and behavior, and it is the most common cause of dementia in older adults.**

**During this month, there are many advocacy and fundraising events that take place to help support those living with Alzheimer's disease and their caregivers.**

**These events provide an opportunity for people to learn more about the disease, share their experiences, and support the efforts of organizations working to find a cure.**

**It is important to remember that Alzheimer's disease can affect anyone, regardless of their age, gender, or race.**

**By spreading awareness and supporting research, we can help improve the lives of those affected by this disease and work towards finding a cure.**







# NOVEMBER Diabetes Awareness Month



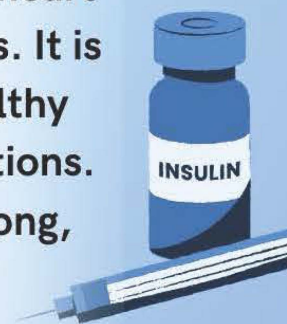
November is National Diabetes Awareness Month, a time to raise awareness about the impact that diabetes has on about 37 million Americans. This month is dedicated to educating people about the causes, symptoms, and treatment of diabetes, as well as the importance of prevention.



Diabetes is a chronic disease that occurs when the body is unable to produce or properly use insulin, a hormone that regulates blood sugar levels. There are two main types of diabetes: Type 1, which is usually diagnosed in children and young adults, and Type 2, which is more commonly diagnosed in adults and is often linked to obesity and a sedentary lifestyle.



Diabetes can lead to serious health complications, such as heart disease, stroke, kidney disease, blindness, and amputations. It is important to get regular check-ups and to maintain a healthy lifestyle to manage the disease and prevent these complications. With proper management, people with diabetes can live long, healthy, and productive lives.



So, let's spread awareness this month and encourage everyone to take charge of their health!

