

November Health Observances

American Diabetes Month www.diabetes.org

Diabetic Eye Disease Month www.preventblindness.org

Lung Cancer Awareness Month
..... www.smokefreemichigan.org
www.lungusa.org

National Caregiver's Month..... www.caregiving.org

National Hospice Month..... www.mihospice.org
www.nhpc.org

Donor Sabbath Weekend- 11/13-15
..... www.giftoflifemichigan.org
www.organdonor.gov/get_involved/donorsabbath.htm

Great American Smokeout-11/18 www.cancer.org

Diabetes Self-Management Education (DSME) Works!



According to the Michigan Department of Community Health, Diabetes Prevention and Control Program February 2008 (L. Corteville), diabetes education leads to appropriate care, which leads to a reduction in costly complications. People who have had self-management education are **50% more likely** to seek recommended medical care and to engage in daily self-care activities. Additionally, people who receive DSME are **over 2**

times more likely to get all of their recommended medical care in a single year. Most health insurances have a diabetes education benefit and there are many free or low-cost community forums sponsored by the American Diabetes Association. As a faith community nurse, you are a vital member of your parishioners' diabetes health care team. Encourage and inform your community about DSME. Below are frequent questions and answers:

Self-management--What is it? It is about making choices. You make choices every day. The choices you make affect your health. You are the captain of your health care team. Other team members may include doctors, nurses, dietitians, dentists, educators. Each time you meet with a member of your team you should review your personal treatment plan. This plan should

center on goals that are made by and are important to you. When you agree to a health care plan it is up to you to stick with it. You, with the grace of God, are the only one who can change you!

Why is self-management important? You are in control of your health 24 hours/day. When you help make your personal treatment plan, you are more likely to follow it. Many things play a role in your life, your health and your healing:

Relationships — your support system, family, friends and social events.

Spirituality — personal beliefs, things that have meaning to your life

Discovery and growth — your home, work, and community

Health Behaviors — physical exercise, eating well, getting rest

Play — self-rewards, vacation, gardening, hobbies, etc.

Medical Treatment — medications, lifestyle changes, follow-up appointments

Here's how DSME can work for you.

Ask questions: Don't be afraid. Your health care team wants you to succeed

Don't assume your team has all the answers: You know yourself best. Let your team know if they ask you to do things you feel you cannot or will not do. Together, you and your team can make a plan that works best for you.

Keep follow-up appointments: Don't skip your follow-up visits because you haven't followed the plan perfectly. Go and change the plan so it will work for you.

REMEMBER: You are the Captain of your Health Care Team!

Visit: <http://www.diabetesinmichigan.org>

Smoking Cessation

Is it important for you to quit smoking? Is your life of value to you, to those whom you love and those who love you? If so, read on. Statistics show that approximately seven lives are lost every minute of every day from the effects of smoking. Lives are lost due to heart disease and many forms of cancer as well as lung diseases that rob the person of their ability to breathe. The killer disguised as a friend is tobacco.

Are you aware that cigarettes contain tar, poisons, and other ingredients which when burned create toxic, harmful chemical compounds. Resulting carcinogens damage our bodies when inhaled directly and even indirectly as happens in second hand smoke.

This knowledge should be enough to encourage you to stop smoking. Can you do it alone? Yes, if you really make up your mind to do so. Is it easy? Absolutely not.