

# H-3 Monthly Newsletter

## The Month of November is:

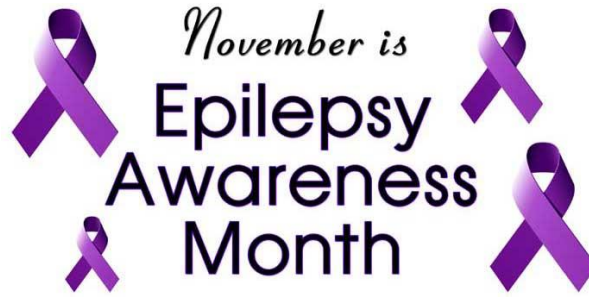
- Epilepsy Awareness
- Diabetes Awareness
- COPD Awareness
- Get Ready...Set...Quit! The Great American SMOKEOUT is November 17, 2017



*In His Service,  
H-3 ministry*

*For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us.*

*Romans 8:18*



### What is Epilepsy?

Epilepsy is a chronic disorder, the hallmark of which is recurrent, unprovoked seizures. A person is diagnosed with epilepsy if they have two unprovoked seizures (or one unprovoked seizure with the likelihood of more) that were not caused by some known and reversible medical condition like alcohol withdrawal or extremely low blood sugar.

The seizures in epilepsy may be related to a brain injury or a family tendency, but often the cause is completely unknown. The word "epilepsy" does not indicate anything about the cause of the person's seizures or their severity.

Many people with epilepsy have more than one type of seizure and may have other symptoms of neurological problems as well. Sometimes EEG (electroencephalogram) testing, clinical history, family history, and outlook are similar among a group of people with epilepsy. In these situations, their condition can be defined as a specific epilepsy syndrome.

Although the symptoms of a seizure may affect any part of the body, the electrical events that produce the symptoms occur in the brain. The location of that event, how it spreads, how much of the brain is affected, and how long it lasts all have profound effects. These factors determine the character of a seizure and its impact on the individual.

Having seizures and epilepsy can affect one's safety, relationships, work, driving, and so much more. Public perception and treatment of people with epilepsy are often bigger problems than actual seizures.

#EpilepsyAwareness

**1 in 26** people will develop epilepsy in their lifetime

**>2M**

Americans have epilepsy

**150,000** new cases are diagnosed in the US each year

**1 in 10**

people will have a seizure at some time in their life

**1/3** of all epilepsy cases are intractable: not responsive to medical intervention

**30k**

people in Iowa are estimated to live with epilepsy

**65 million** people have epilepsy worldwide



## **What causes diabetes?**

Type 1 and type 2 diabetes may have similar names, but they are different diseases with unique causes.

### **Causes of type 1 diabetes**

The body's immune system is responsible for fighting off foreign invaders, like harmful viruses and bacteria. In people with type 1 diabetes, the immune system mistakes the body's own healthy cells for foreign invaders. The immune system attacks and destroys the insulin-producing beta cells in the pancreas. After these beta cells are destroyed, the body is unable to produce insulin.

Researchers don't know why the immune system attacks the body's own cells. It may have something to do with genetic and environmental factors, like exposure to viruses. Research is ongoing.

### **Causes of type 2 diabetes**

People with type 2 diabetes have insulin resistance. The body still produces insulin, but it's unable to use it effectively. Researchers aren't sure why some people become insulin resistance and others don't, but several lifestyle factors may contribute, including excess weight and inactivity.

## **Diabetes Treatments**

### **Insulin Treatment: The Basics**

Insulin is a hormone that controls blood sugar. There are many types of insulin used to treat diabetes. Learn about the most common, side effects, storage tips, and more.

### **Types of Insulin**

Many forms of insulin treat diabetes, including rapid-acting, short-acting, intermediate-acting, long-acting, and pre-mixed. Learn which type is best for your diabetes.

### **Insulin Questions for Your Doctor**

Has your doctor prescribed insulin to help manage your type 1 or type 2 diabetes? You'll want to know how and when to take it, what side effects could happen, and what other changes you may need to make.

### **Non-Insulin Diabetes Injectables**

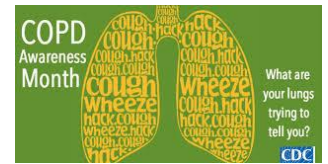
Insulin isn't the only type of injectable diabetes medicine your doctor might prescribe for you. Learn about other injectable medications.

### **Oral Medications for Diabetes**

When you think about diabetes drugs, you may think of insulin or other medications that you get from a shot or a pump. But there are others that you take as a pill or that you inhale.



# What is COPD?



If you have COPD (chronic obstructive pulmonary disease), you are not alone.






In 2010, MORE THAN 14 MILLION people were identified as **having COPD**.

It is estimated that ANOTHER 12 MILLION **may have the disease**, but remain undiagnosed.

How does COPD make it so hard to breathe? COPD is a progressive disease. “Progressive” means that it gets worse over time. When you have COPD, the airways of the lungs become inflamed, making them narrow. They can become clogged with mucus, which is produced more than normal in COPD. This makes it difficult to get air in and out of the lungs, and can lead to breathing difficulties.





COPD develops over time, typically due to long-term exposure of the lungs to cigarette smoke or other environmental irritants. When you have COPD, you may have one or both of the conditions that make up the disease—chronic bronchitis and emphysema.

The symptoms of COPD often appear years before the flow of air into and out of the lungs declines. However, not everyone who has these symptoms has COPD, and not everyone who has COPD has these symptoms. But over time, the symptoms can get in the way of simple tasks. They may make everyday activities like cooking, climbing stairs, or carrying a suitcase seem like a challenge.

-  **CONSTANT COUGHING** or a cough that produces a large amount of mucus—also called smoker's cough
-  **SHORTNESS OF BREATH** especially while doing activities
-  **EXCESSIVE MUCUS** production
-  **CHEST TIGHTNESS**—feelings of not being able to breathe easily or deeply
-  **WHEEZING**—a high-pitched whistling sound made while breathing

COPD is often the result of long-term exposure to lung irritants.

The following are known to play a role in the development of COPD:

-  **SMOKING (CIGARETTE, PIPE, CIGAR, AND OTHER TYPES OF TOBACCO SMOKE)**  
COPD most often occurs in people who smoke or used to smoke
-  **SECONDHAND SMOKE** - Breathing in secondhand smoke can also contribute to COPD
-  **AIR POLLUTION** - Exposure to pollutants such as dust or chemical fumes in the environment or workplace
-  **GENETIC FACTORS** - Although it is rare, COPD can also be caused by a genetic disorder called alpha-1 antitrypsin deficiency, which is passed down in families

## resources this issue

Resources: <https://www.epilepsy.com/learn/about-epilepsy-basics/what-epilepsy>  
<https://www.webmd.com/diabetes/default.htm>  
<https://www.healthline.com/health/difference-between-type-1-and-type-2-diabetes#symptoms2>  
<https://www.mysymbicort.com/copd/about-copd/what-is-copd.html>  
<https://www.mysymbicort.com/copd/about-copd/copd-symptoms.html>  
<https://www.mysymbicort.com/copd/about-copd/what-causes-copd.html>

