

# 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

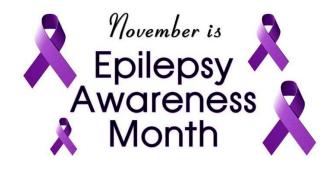


#### In His Service, H-3 ministry

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 some known by and reversible medical condition like alcohol withdrawal or extremely low blood sugar.

The seizures in epilepsy may be related to a <u>brain injury</u> 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 <u>type of seizure</u> and may have other symptoms of neurological problems as well. Sometimes <u>EEG</u>

(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 <u>epilepsy</u> <u>syndrome</u>. 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

#### **Diabetes Health Center**



#### **Diabetes Overview**

Diabetes is a number of diseases that involve problems with the hormone insulin. Normally, the pancreas (an organ behind the stomach) releases insulin to help your body store and use the sugar and fat from the food you eat. Diabetes can occur when the pancreas produces very little or no insulin, or when the body does not respond appropriately to insulin. As yet, there is no cure. People with diabetes need to manage their disease to stay healthy.

#### Type 1 and Type 2 Diabetes: What's the Difference?

There are two main types of diabetes: type 1 and type 2. Both types of diabetes are chronic diseases that affect the way your body regulates blood sugar, or glucose. Glucose is the fuel that feeds your body's cells, but to enter your cells it needs a key. Insulin is that key.

People with type 1 diabetes don't produce insulin. You can think of it as not having a key.

People with <u>type 2 diabetes</u> don't respond to insulin as well as they should and later in the disease often don't make enough insulin. You can think of this as having a broken key.

Both types of diabetes can lead to chronically high blood sugar levels. That increases the risk of <u>diabetes complications</u>.

#### What are the symptoms of diabetes?

Both types of diabetes, if not controlled, share many similar symptoms, including:

- frequent urination
- feeling very thirsty and drinking a lot
- feeling very hungry
- feeling very fatigued
- blurry vision
- cuts or sores that don't heal properly



People with type 1 diabetes may also experience irritability and mood changes, and unintentionally lose weight. People with type 2 diabetes may also have numbress and tingling in their hands or feet.

Although many of the symptoms of type 1 and type 2 diabetes are similar, they present in very different ways. Many people with type 2 diabetes won't have symptoms for many years. Then often the symptoms of type 2 diabetes develop slowly over the course of time. Some people with type 2 diabetes have no symptoms at all and don't discover their condition until complications develop.

The symptoms of type 1 diabetes develop fast, typically over the course of several weeks. Type 1 diabetes, which was once known as juvenile diabetes, usually develops in childhood or adolescence. But it's possible to get type 1 diabetes later in life.

Other genetic and environmental factors may also contribute. When you develop type 2 diabetes, your pancreas will try to compensate by producing more insulin. Because your body is unable to effectively use insulin, glucose will accumulate in your bloodstream.

#### 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, longacting, 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-epilepsybasics/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

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