November is National Diabetes Awareness Month
November 14 is World Diabetes Day.

FACTS ABOUT DIABETES
The International Diabetes Federation reports:
• 463 million adults (1-in-11) were living with diabetes in 2019.
• 1 in 5 people with diabetes (136 million) are above 65 years old.
• Diabetes caused 4.2 million deaths in 2019.

The American Diabetes Association reports:
• About 553,000 people in Alabama, or 14.6% of the adult population, have been diagnosed with diabetes.
• About 308,000 people in Mississippi, or 13.6% of the adult population, have been diagnosed with diabetes.
• About 656,000 people in Tennessee, or 12.7% of the adult population, have been diagnosed with diabetes.

PATIENT TIPS FOR HEALTHY LIVING
Many people with kidney failure have type 2 diabetes. Diabetes causes blood sugar levels to rise higher than normal and can damage your organs. You have a big role in managing your diabetes by monitoring your blood sugar levels, eating a healthy diet, and exercising.

DIET TIPS
• Eat a meal or snack every 3 to 4 hours to help blood sugar levels from going too high or too low.
• Remember, keeping your blood sugar under control will also help control thirst!
• Add fruits and vegetables to your diet.
• To lower the amount of sugar you eat, try sugar-free treats.
• Talk to your dietitian to create a meal plan just for you.

MEDICATION TIPS
• Check your blood sugar as prescribed by your doctor.
• Talk to your doctor about which medications are best for you.
• Take your medicine as prescribed by your doctor.

EXERCISE
You should maintain a healthy weight with exercise and diet. Being active can make you feel better and is good for your health. Before you start any exercise program, talk with your doctor to know what is best for you.
The holidays should be a joyful time, but for many people, that is not the case. Often, people find themselves stressed, overwhelmed, anxious or depressed during the holiday season. This is commonly called the holiday blues. The holiday blues are temporary feelings that should go away with time. Here are some tips to help with the holiday blues.

- Prepare for the holidays ahead of time.
- Make a to-do list, and mark off items as you go.
- Set reasonable expectations for yourself; do not overcommit yourself to parties, get-togethers, or cooking.
- Keep your normal routine.
- Listen to music.
- Stay fit and go for a walk or dance to your favorite music.
- Talk to a friend, family member, or counselor.