

November 2019

Take Diabetes to Heart

INSIDE THIS

1

- TAKE DIABETES TO HEART
- EPILEPSY, LETS TALK ABOUT IT

2

- ALZHEIMER'S AWARENESS MONTH
- HANDWASHING
- E-CIGARETTE/ VAPING OUTBREAK

Attention:

We are currently accepting submissions for our next Newsletter!
For more info email:
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November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. In partnership with the National Heart, Lung, and Blood Institute (NHLBI). This year's focus is on the link between diabetes and cardiovascular disease. Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes. This is because over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart.

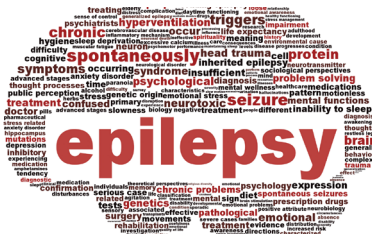
The good news is that the steps you take to manage your diabetes can also help lower your chances of having heart disease or a stroke. To learn more about what can be done to manage diabetes and protect your cardiovascular health, click [here](#).



Reference:

[National Institute of Health](#)

Epilepsy, Lets Talk About It



Did you know 1 in 26 people will be diagnosed with epilepsy at some point in their life? It's a disorder more people live with than autism, Parkinson's disease, multiple sclerosis, and cerebral palsy – combined. In fact, the family of epilepsy diseases is the fourth-most prevalent neurological condition in the United States, striking approximately three million people nationally and 426,000 in the state of Florida.

This November, during National Epilepsy Awareness Month, Epilepsy Florida is working to increase awareness about epilepsy to help support the thousands of Floridians and their families affected by it. By properly educating oneself about epilepsy, one can better recognize when friends or loved ones might be experiencing a seizure, allowing the opportunity for the proper precautionary measures to be taken. Much can be saved by increasing our overall public understanding of epilepsy. Please help support those living with this disorder simply by talking about it.

If you or someone you know has questions or would like more information, call toll-free 1-877-55-EPILEPSY (1-877-553-7453) or visit [epilepsyfl.com](#).

Reference: [Epilepsy Florida](#)



Alzheimer's Disease Awareness Month

Alzheimer's Awareness Month occurs in November. Alzheimer's disease is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks. Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and most people with Alzheimer's are 65 and older. But Alzheimer's is not just a disease of old age. Approximately 200,000 Americans under the age of 65 have younger-onset Alzheimer's disease (also known as early-onset Alzheimer's).

Although there is no cure for Alzheimer's disease, there are things you can do to help a loved one, especially if the disease is still in its early stages. During the month of November, learn the early signs of Alzheimer's Disease and what can be done to aid those who are affected. To learn more about Alzheimer's Disease, please click [here](#).



Reference: [Alzheimer's Association](#)

E-Cigarette/Vaping Outbreak



As of October 1st, 2019, there were 1,080 confirmed cases of lung injuries associated with the use of e-cigarettes, or vaping, products. To learn more about the latest e-cigarette/vaping outbreak, please click [here](#).

Clean Hands Prevent Illness

Handwashing can help prevent illness. It involves five simple steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. To learn more, please click [here](#).

Reference: [Centers for Disease Control and Prevention](#)

Events Calendar

November 2019

11/2 Community Health Fair, 14900 NE 16th Avenue Miami, FL 33161, 11:00am-3:00pm

11/5 Alzheimer's Support Group, 20610 Old Cutler Road Miami, FL 33189, 11:30am-1:30pm

11/13 Wellness Fair, 1380 NW 27th Avenue Miami, FL 33167

11/19 5th Annual Oral Health Equity Summit, Miami-Dade College Hialeah Campus, 1780 W 49th St, Hialeah, FL 33012, 11:00am-2:00pm To register, click [here](#).

11/2 Centralfen Community Day Event & Turkey Give-Away, Georgia Jones-Ayers Middle School, 1331 Northwest 46th Street Miami, FL 33142, 10:00am-3:00pm

[For a complete list of Consortium Events click here!](#)

Join the Consortium For A Healthier Miami-Dade!

Healthy Environment, Healthy Lifestyles, Healthy Community

The Consortium for a Healthier Miami-Dade was established in 2003 by the Florida Department of Health in Miami-Dade County to address the increasing rate of chronic disease in the community. The goals of the Consortium are to:

- Integrate planning and assessment processes to maximize partnerships and expertise of the community in accomplishing its goals.
- Increase the percentage of adults and children who are at a healthy weight.
- Build and revitalize communities so people can live healthy lives.
- Increase access to resources that promote healthy behaviors.



Sponsored by the Florida Department of Health in Miami-Dade County

Membership is free and open to all individuals who support the vision, mission and goals of the Consortium. To become a member and learn more visit our website www.healthymiamidade.org