

2022 OCTOBER Diabetes Awareness Month



What is Diabetes?

Diabetes is a chronic health condition that affects how your body is able to turn food into energy. The food you eat is broken down into sugar (glucose) and released into your bloodstream. As your blood sugar goes up, your pancreas releases insulin. This allows the blood sugar to enter your body's cells for use as energy. A person with diabetes doesn't make enough insulin or can't properly use insulin.

There are two main types of diabetes:

- *Type 1 diabetes* occurs when your pancreas doesn't produce enough insulin. This type of diabetes is usually diagnosed in children, teens and young adults, but it can develop at any age.
- *Type 2 diabetes* occurs when your cells don't respond normally to insulin, which is known as insulin resistance. Out of the 34 million Americans with diabetes, approximately 90%-95% of them have Type 2 diabetes.

Resources for Diabetes Support

- Be Well Health Center and Online Portal
 - www.my.marathon-health.com/sign_in
- HealthPartners
 - www.healthpartners.com/hp/healthy-living/health-topics/diabetes/index.html
- American Diabetes Association
 - www.diabetes.org/



October is also Breast Cancer Awareness Month

According to recent research, approximately 1 in 8 women will be diagnosed with invasive breast cancer at some time in their lives.

It is important to know the risk factors and signs and symptoms of breast cancer as well as learn about how to support yourself or someone you know living with this diagnosis.

For more information
head to
[www.cancer.org/cancer/
breast-cancer.html](http://www.cancer.org/cancer/breast-cancer.html)



FEATURED ACTIVITY

For this month's activity, join Linnea Ritter, APRN for an in-person Diabetes Awareness learning session on **October 20th from 11am-12pm**. If you are unable to attend in-person, you have the ability to view a webinar on the same topic.

How to Participate virtually: Scan the QR code located to the right of this text box or copy and paste the link into your web browser. Fill out the Teams form to be eligible for the incentive.

WEBINAR



<https://go.cretex.com/bw-diabetes>

TEAMS FORM



<https://go.cretex.com/bw1022>