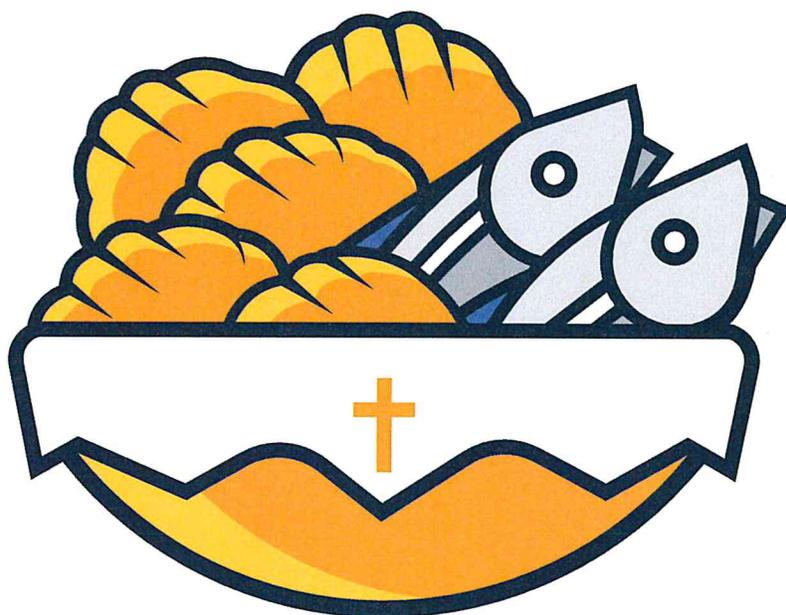

SAVE THE DATE



#iGIVECATHOLIC
#GIVINGTUESDAY

DECEMBER 1, 2020

www.iGiveCatholic.org

Preparing to celebrate the
Christmas Season
from the Incarnation to
the Baptism of the Lord.

Advent



A virtual workshop offering of
song, meditation, scripture and resources for prayer

Click to register: <https://bit.ly/Adventnow>

Presenter: Rawn Harbor

Sunday, December 6, 2020

4:00 PM EST – 3:00 PM CST – 1:00PM PST

PLUS

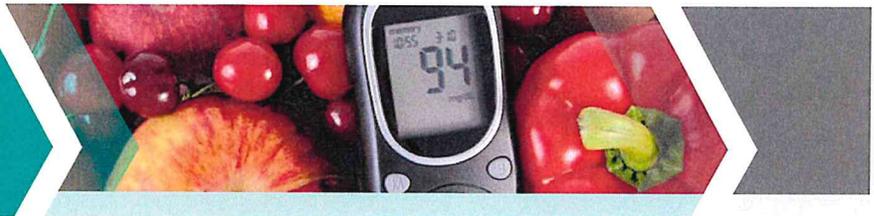
Break out rooms for
music ministry,
preaching ministry and
praying ministry
conversation

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St. Agatha



Diabetes

Fast Facts

- Diabetes occurs when your blood glucose, or blood sugar, is too high.
- Over time, high blood glucose can cause serious health problems.
- The most common types of diabetes are type 1, type 2, and gestational diabetes.

What You Need to Know

You can lower your risk for type 2 diabetes

You are more likely to develop type 2 diabetes if you are age 45 or older, have a family history of diabetes, are overweight, or are a woman who had gestational diabetes during pregnancy. Ask your health care professional what steps you can take to prevent or delay diabetes.



Being active and maintaining a healthy weight are important for staying healthy.

Diabetes is a serious condition

Over time, high blood glucose can lead to health problems such as heart disease, stroke, kidney disease, nerve damage, and eye problems. Managing your diabetes can help prevent or delay diabetes-related health problems.

You can take steps to manage diabetes

Work with your health care team to create a plan to manage your blood glucose, blood pressure, and cholesterol. To stay healthy, take medicines as directed, follow a healthy eating plan, stay at a healthy weight, be more physically active, and if you smoke, get help to stop.

To learn more, visit NIDDK's website at www.niddk.nih.gov or search online for "NIDDK" and "Diabetes."

Contact Us

NIDDK Health Information Center

- Phone: 1-800-860-8747; TTY: 1-866-569-1162
- Email: healthinfo@niddk.nih.gov
- Hours: 8:30 a.m. to 5 p.m. eastern time, M-F

This content is provided as a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health. The NIDDK explains and shares research findings to increase understanding about health and disease to patients, health professionals, and the public. Content produced by the NIDDK is carefully reviewed by NIDDK scientists and other experts.

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TAKING CARE OF **YOUTH** WHO **HAVE** **DIABETES**



Follow these tips to help youth who have diabetes.

Regardless of their age, sometimes youth who have diabetes need support with their diabetes care. That's why it's important to work as a team with your child or teen and their health care team to develop a diabetes self-care plan.



Manage blood glucose levels.

Keep their blood glucose in the target range and make sure they take their medicines as prescribed to prevent or delay other health problems.



Encourage healthy habits.

Try following a meal plan, get enough sleep, and aim for regular physical activity.



Seek mental health support.

Encourage them to connect with other youth who have diabetes, stay alert for signs of feeling down and anxious, and be prepared to seek help with your youth.



Monitor for diabetes complications.

Earlier diagnosis and treatment of complications, including heart, kidney, and eye diseases, can improve overall health.



Stay prepared for emergencies.

Prepare for the unexpected by packing a "go kit" that includes medical supplies and equipment.

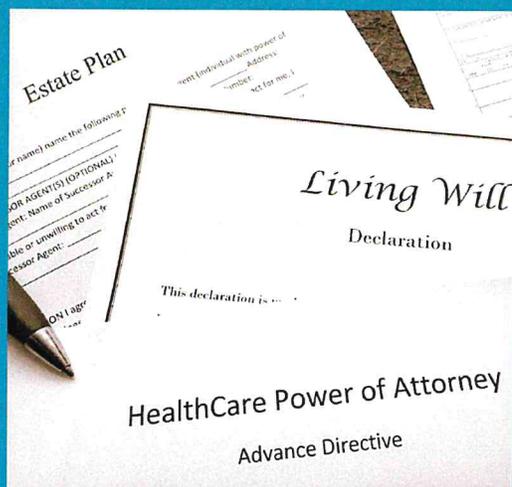
Visit niddk.nih.gov for more information on managing diabetes.



PRESENTS

UNDERSTANDING LIFE PLANNING IN THE MIDST OF DEMENTIA

An online community forum to address dementia and legal activities for life planning, including advanced directives.



FEATURING:

Dr. Fayron Epps, PhD, RN
Assistant Professor at Emory University

Nicola Robinson, Managing Partner
SR Law Group

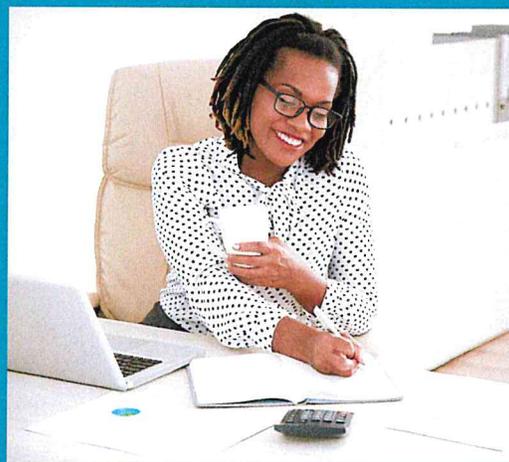
Mia Chester, Project Coordinator
Alter Program, Georgia State University

Date: Saturday 9/26/20

Time: 10a-11:30a

Registration: Click
bit.ly/35WeUkH
or call 404-549-4504

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