

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer. If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

Here are some tips to help you manage your diabetes to stay healthy longer:

Manage your A1C blood glucose, blood pressure, and cholesterol levels.

Take care of your mental health.

Make lifestyle changes to slowly build healthy habits.

Take your medicines on time, even if you feel healthy.



Visit niddk.nih.gov



STRESS AWARENESS DAY



Stress is the feeling of being under too much mental or emotional pressure. A small amount of stress can be useful - it can motivate you to take action and get tasks completed. But too much stress can cause negative effects such as a change in your mood, your body and relationship issues. Almost anything that affects your daily life, work or relationships can cause stress. Some people are more affected by stress than others. It can depend on factors such as your personality, upbringing, your work and home life. Stress is not an illness itself, but it can lead to you becoming unwell. If stress lasts for a long time it can lead to anxiety and depression. Experiencing a very stressful or traumatic event could cause post-traumatic stress disorder (PTSD). People may use alcohol or drugs to deal with stress. Using substances in the short-term may help you to cope, but it may make your mental health worse in the long run.

Physical	Mental	Behaviour
Headaches	Worrying about the past or future	Crying
Sweating	Imagining the worst	Eating more or less
Stomach problems	Low self-esteem	Biting your nails
Muscle tension or pain	Concentration issues	Avoiding others
Feeling tired or dizzy	Feeling irritable	Sleep problems
Sexual problems	Struggling to make decisions	Rushing tasks
Fast heartbeat	Racing thoughts	Drinking or smoking more
Dry mouth	Feeling overwhelmed	Being irritable
Short of breath	Feeling low	Making mistakes



November is National COPD Awareness Month

Nearly 16 million people in the U.S. have chronic obstructive pulmonary disease (COPD), a serious lung disease that makes it difficult to breathe.

If you or someone you know has COPD visit the National Heart, Lung, and Blood Institute to help bring greater attention to COPD:
www.nhlbi.nih.gov



NATIONAL FAMILY CAREGIVERS MONTH

Over 53 million people are unpaid caregivers to friends and family.

The month of November is a time to recognize and honor those who care for friends and family. Caregiving can be mentally and physically challenging, therefore it is encouraged for caregivers to take care of their wellbeing.



FALL 2023 VACCINES

Version: Sept 2023

**What are
the options?**

**Who is
eligible?**

**How well do
they work?**

**When should
I get it?**

INFLUENZA



A shot that targets 4 strains of seasonal flu

6 months and older

Reduces the risk of going to the doctor by 53%

October is ideal, as vaccine protection wanes over a season

COVID-19



Updated vaccine formula targeting XBB – an Omicron subvariant

Options: Moderna and Pfizer (mRNA). Novavax (protein) available soon

6 months and older

Last year, the fall COVID-19 vaccine provided 40-60% additional effectiveness against severe disease

Protection against **severe disease**: Get now

Protection against **infection**: Best to get it right before a wave, which can be challenging to time

Recently infected?
Wait at least 3-4 months

RSV (OLDER ADULTS)



2 options: GSK and Pfizer. They are slightly different in design, but only at a microscopic level

60 years and older

82-86% efficacy against severe disease

Now; no need to juggle timing as protection is durable

RSV (PREGNANCY)



Pfizer is actively seeking approval

Pregnant people (then protection will pass to baby for protection in first 6 months of life)

82% efficacy in preventing hospitalization in first 3 months of life. 69% efficacy after 6 months

It's not available yet but once approved, get at 24 to 36 weeks of pregnancy

RSV MONOCLONAL ANTIBODY



This is not a vaccine (doesn't teach the body to make antibodies) but rather a proactive medication (provides antibodies)

All infants <8 months. High-risk infants 8-19 months

Reduces risk of hospitalization and healthcare visits by ~80%

Will be available soon.

Protection lasts 4-6 months

National Pancreatic Cancer Awareness Month

PANCREATIC
CANCER
ACTION
NETWORK

®

The pancreas is a gland located deep in the abdomen, between the stomach and the spine. It makes enzymes that help digestion and hormones that control blood-sugar levels.

Organs, like the pancreas, are made up of cells. Normally, cells divide to form new cells as the body needs them. When cells get old, they die, and new cells take their place. Sometimes this process goes wrong. New cells can form when the body does not need them, or old cells do not die. The extra cells may form a mass of tissue called a tumor.

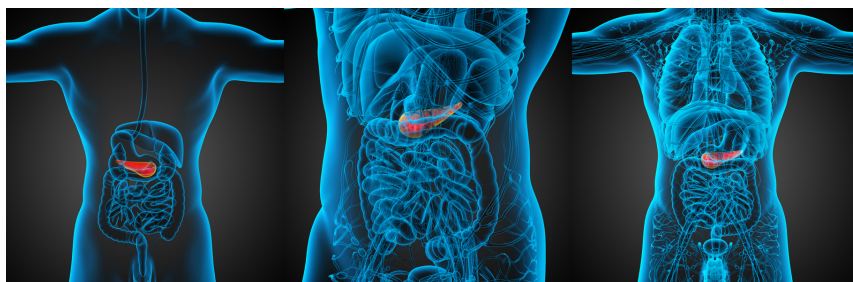
Some tumors are benign. A malignant tumor is called cancer. The cells grow out of control and can spread to other tissues and organs. Even when the cancer spreads to other areas of the body, it is still called pancreatic cancer if that is where it started. Pancreatic cancer often spreads to the liver, abdominal wall, lungs, bones and/or lymph nodes.

Key Takeaways:

Individuals with one or more first-degree relatives with pancreatic cancer should consult with a genetic counselor and consider genetic testing. Racial and ethnic minorities are persistently underrepresented in pancreatic cancer clinical trials. Diversifying clinical trials ensures that treatment outcomes are reflective of all patient groups. Understanding personal and family risk, learning signs and symptoms, and advocating for yourself and your community can all make a difference.

A person may also be more likely to get pancreatic cancer because of:

- Long-standing diabetes; diabetes can cause pancreatic cancer or can be a symptom of pancreatic cancer
- Chronic and hereditary pancreatitis
- Smoking
- Race (ethnicity): African-American or Ashkenazi Jew
- Age: over the age of 60
- Gender: males slightly more likely
- Diets high in red and processed meats
- Obesity



Pancreatic cancer may cause only vague, unexplained symptoms, such as:

- Pain, usually in the abdomen or back
- Weight loss
- Jaundice (yellowing of the skin, eyes or both) with or without itching
- Loss of appetite
- Nausea
- Changes in stool
- Pancreatitis (swelling of the pancreas)
- Recent-onset diabetes

If you are experiencing one or more of these symptoms, we urge you to speak to your doctor immediately and reference pancreatic cancer.

Fatigue, weakness and depression are also symptoms. A person with advanced pancreatic cancer may also have fluid in the abdomen and blood clots.

Pancreatic cancer affects many areas of the patient's life. Get supportive information about commonly requested topics to support you on this journey by visiting, <https://pancan.org/>

NOVEMBER 2023

Community Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
				C.A.R.E. Leadership Networking Meeting	<u>Farmer's Market City of Killeen</u> 6:00 PM - 9:00 PM	
			1	2	3	4
5	6	7	8	9	10	11
			Temple ISD SHAC Meeting	City of Temple <u>Veterans Day Ceremony</u> 11:30am		<u>Veterans Day Parade</u> <u>Central Texas Area Veterans Advisory Committee</u>
12	13	14	15	16	17	18
			Killeen ISD SHAC Meeting		<u>Evening Market At Troy</u> 6:00pm	<u>Belton Farmers Market</u> 9:00am to 4:00pm
19	20	21	22	23	24	25
					<u>Evening Market At Troy</u> 6:00pm	
26	27	28	29	30		

NOW ACCEPTING DONATIONS

HEALTHY HOMES
ANNUAL

Thanksgiving Food Drive



The items pictured above are needed and greatly appreciated!

For more information, contact
the Healthy Homes office at
254-953-5429

Freedom Road Biker Church

Feed the Family

Every Thursday
from 9am to 11am

Little River Country Church
1406 W Church St
Little River- Academy, TX 76544

Please bring bags or totes
to carry your items.

NOW
OPEN

11:00am
to 12:00pm



Donations
\$15



Environmental Health Office

4236 Lowes Dr. Temple, TX 76502

Monday–Thursday 8:00am–5:00pm

Friday 8:00am – 11:30pm

Phone: 254–532–9800

Killeen Clinic

309 North 2nd St Killeen, TX 76541

Monday– Thursday 7:00am – 4:30pm

Friday 7:00am – 11:00am

Phone: 254–532–9800

Immunizations Office

1605 North Main Street Belton TX 76513

Monday– Thursday 7:00am – 4:30pm

Friday 7:00am – 11:00am

Phone: 254–532–9800

Temple Clinic

820 North 31st Street Temple, TX 76504

Monday– Thursday 7:00am – 4:30pm

Friday 7:00am – 11:00am

Phone: 254–532–9800

Temple WIC

201 N 8th St. Temple TX 76501

Monday– Thursday 7:00am – 5:30pm

Phone: 254–532–9800

Killeen WIC

116 E Avenue D, Killeen, TX 76551

Monday– Thursday 7:00am – 5:30pm

Phone: 254–532–9800

Fort Cavazos WIC

**36000 Shoemaker Lane Fort Cavazos,
TX 76544**

Monday– Thursday 7:00am – 4:30pm

Friday 8:00am – 12:00pm

Phone: 254–532–9800

Copperas Cove WIC

**213 W Avenue D, Copperas Cove, TX
76522**

Monday– Thursday 7:00am – 5:30pm

Phone: 254–532–9800

BCPH Admin Office

4236 Lowes Dr. Temple, TX 76502

Monday– Thursday 7:00am – 5:30pm

Phone: 254–532–9800

Community Health Division

4236 Lowes Dr. Temple, TX 76502

Monday– Thursday 7:00am – 5:30pm

Phone: 254–532–9800