

INSTITUTE FOR PREVENTIVE HEALTHCARE & ADVOCACY



Kathey Avery, RN, BSN

Avery Health - Education and Consulting brings extensive experience and knowledge to help individuals and groups achieve positive health outcomes and implement equity.

Kathey Avery, founder and owner of Avery Health - Education and Consulting, has more than 35 years of experience in healthcare and community activism. She is dedicated to raising awareness about, and helping in the prevention of, chronic diseases and preventable cancers through patient and public education and personal accountability.

Contact Kathey Avery today at 828-768-2369 to schedule a talk or workshop. For more details, please visit www.AveryHEC.com

The Institute for Preventive Healthcare & Advocacy



The mission of the **Institute for Preventive Healthcare & Advocacy** is to promote optimum health for all residents of Buncombe County and surrounding areas by addressing the social determinants of health and the inequities in access to affordable and preventive healthcare.

www.ifpha.org

IFPHA is grateful for the support of our sponsors and partners.



IFPHA PARTNERS:
Bounty and Soul
Rock Hill Baptist Church
Shiloh Association

November is Diabetes and Alzheimer's Awareness Month

BY KATHEY AVERY RN, BSN, CN

Self-Management, Education, and Support

Diabetes Awareness

Diabetes is when your body does not make enough insulin or cannot use it as well as it should. When there is not enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, diabetes can cause serious health problems, such as heart disease, vision loss, and kidney disease.

	HBA-1C Test Score	Mean Blood mg/dl	Glucose mmol/L
Action Suggested	14.0	380	21.1
	13.0	350	19.3
	12.0	315	17.4
	11.0	280	15.6
	10.0	250	13.7
Good	9.0	215	11.9
	8.0	180	10.0
	7.0	150	8.2
Excellent	6.0	115	6.3
	5.0	80	4.7
	4.0	50	2.6
	3.0	35	2.0

The normal range of blood sugar is between 70 and 100 mg/dl.

There is not a cure yet for diabetes, but losing weight, eating healthy food, and being active can really help. Other things you can do to help your diabetes include taking medication as prescribed; receiving diabetes self-management education and support; and being consistent with your medical appointments.

How Common is Diabetes?

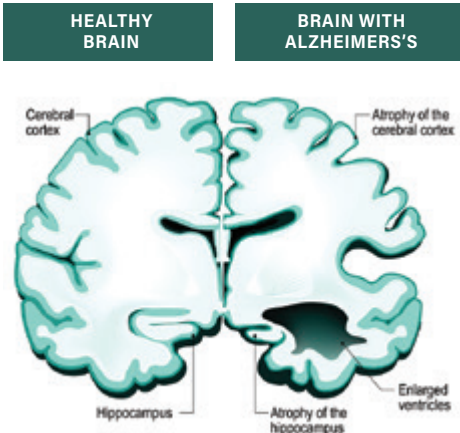
Approximately 37.3 million people in the United States have diabetes, which is about 11% of the population. Type 2 diabetes is the most common form, representing 90% to 95% of all diabetes cases. About 537 million adults across the world have diabetes. Experts predict this number will rise to 643 million by 2030 and 783 million by 2045.

Here are eight easy tips for healthy eating during this Thanksgiving holiday.

1. Eat Wisely.
2. Portion control.
3. Fill up on fiber-rich foods.
4. Don't skip meals.
5. Reflect on your favorite holiday foods.
6. Don't deprive yourself of every treat.
7. Incorporate vegetables.
8. Maintain an exercise routine.

IFPHA provides diabetes education for churches, community centers, and individuals. Call me, your community nurse, at (828) 768-2369.

Source: Cleveland Clinic



Alzheimer's Disease Awareness

Nearly everyone with Alzheimer's disease will eventually have the same symptoms: memory loss, confusion, trouble with once-familiar tasks, and issues with making decisions.

While the manner of the disease development remains unclear, all forms of Alzheimer's appear to share overproduction and/or decreased clearance of a type of protein called amyloid beta peptides. Though the effects of the disease are similar, there are two main types.

Early-Onset Alzheimer's

This type happens to people who are younger than age 65. Often, they're in their 40s or 50s when they're diagnosed with the disease. It's rare—up to 5% of all people with Alzheimer's have early-onset. People with Down Syndrome have a higher risk for it.

Scientists have found a few ways in which early-onset Alzheimer's is different from other types of the disease. People who have it tend to have more of the brain changes that are linked with Alzheimer's—the development of plaques, tangles, and loss of brain volume.

The early-onset form also appears to be linked with a defect in part of a person's genes: chromosomes 1, 14, and 21. A form of muscle twitching and spasm, called myoclonus, is also more common in early-onset Alzheimer's.

Late-Onset Alzheimer's

This is the most common form of the disease, which happens to people ages 65 and older. It may or may not run in families. So far, researchers haven't found a particular gene that causes it. No one knows for sure why some people get it and others don't.

Plaques and tangles tend to spread through the cortex as Alzheimer's progresses.

Source: WebMD

Challenging Times

Your support during these challenging times of government cuts is very important to make sure IFPHA continues the work we do.

According to the Center for Nonprofit Excellence, the proposed 2026 federal budget includes a staggering \$163 billion cut in domestic discretionary spending.

These cuts target essential services like education, housing, environmental protection, and public health, while labeling many nonprofit efforts as "wasteful." If enacted, these cuts would have devastating effects on communities we serve every day.

You can donate to IFPHA by going to www.ifpha.org. Any amount is appreciated and will go towards supporting:

Transportation of our seniors and those needing assistance to doctors, grocery stores, banks.

Health Education to churches, community centers, or one-on-one individualized health assessment and support to prevent illness, improve health, and manage chronic disease.



Blood pressure and glucose screenings with education.

Healthy Fresh Produce Distribution to Shiloh Community with our Bounty and Soul partnership at Rock Hill Baptist Church for communities. IFPHA distributes to Arrowhead Apartments, Klondyke Apartments, and Eagle Market Place in Asheville. We recently added distribution to Hendersonville at Harris public housing and the surrounding residential communities.

With so many cuts to IFPHA and other organizations serving our communities, your donation allows us to continue providing "Real Help in Real Time."

Have a Wonderful, Safe, and Happy Thanksgiving!

Lunch & Learn



Join Kathey Avery on the third and fourth

Wednesdays of the month from 12-1 p.m. at the Linwood Crump Shiloh Community Center, 121 Shiloh Road in Asheville. The community nurse will address "Hot Topics" and provide education and knowledge to help keep you healthy. All are welcome!