INSTITUTE FOR PREVENTIVE HEALTHCARE & ADVOCACY



Kathey Avery, RN, BSN, CN

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

IFPHA Institute for Preventive Healthcare & Advocacy
real help in real time

Promoting 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.

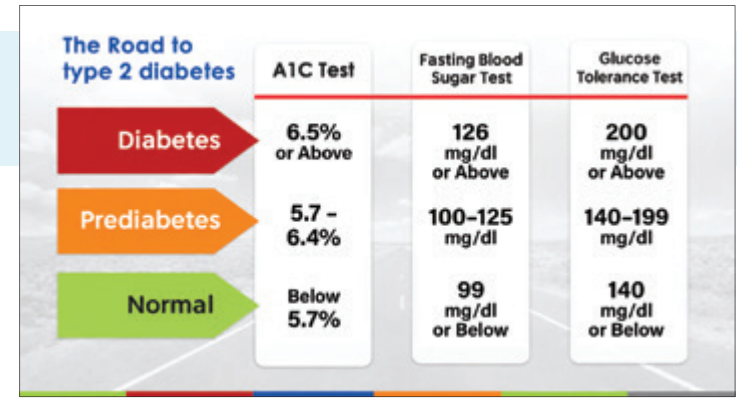
DOGWOOD HEALTH TRUST · THE COMMUNITY FOUNDATION OF WESTERN NORTH CAROLINA · NCDHHS · WNC Bridge Foundation A PARTNERSHIP FOR HEALTH · MAHEC · Cytokinetics · EAGLE MARKET STREETS DEVELOPMENT CORPORATION · Nazareth First Baptist Church · Tzedek SOCIAL JUSTICE FUND · LAND of SKY REGIONAL COUNCIL · ingles

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

Healthy Minds, Healthy Lives

BY KATHEY AVERY RN, BSN, CN

November highlights new advances in diabetes care and Alzheimer's awareness.



Source: CDC

What is Diabetes?

According to the Centers for Disease Control and Prevention (CDC), diabetes is a chronic, long-lasting health condition that affects how your body turns food into energy. Your body breaks down much of the food you eat into glucose (sugar) and releases it into your bloodstream. When your blood sugar rises, it signals your pancreas to release insulin. Insulin acts like a key, allowing blood sugar to enter your body's cells and be used for energy.

With diabetes, your body either does not produce enough insulin or cannot use it effectively. When there is not enough insulin, or when cells stop responding properly to insulin, too much sugar remains in the bloodstream. Over time, diabetes can lead to serious health problems, including heart disease, vision loss, and kidney disease.

Although there is currently no cure for diabetes, maintaining a healthy weight, eating nutritious foods, and staying physically active can help manage the condition. Other important steps include taking medications as prescribed, participating in diabetes self-management education and support programs, and keeping regular medical appointments.

New Drug Shows Promise for Weight Loss and Diabetes Care

A new experimental medication may offer hope for people struggling with diabetes, obesity, and related health conditions. Retatrutide, currently being developed by Eli Lilly, works differently from existing medications by targeting three hormones involved in blood sugar control, appetite, and metabolism.

Researchers are paying close attention to the drug because of the results seen in recent clinical trials. Participants taking the highest dose lost an average of 28% of their body weight over 18 months. Some people who continued treatment for an additional six months lost more than 30% of their body weight.

The benefits may extend beyond weight loss. Studies found improvements in knee arthritis pain and sleep apnea, and many participants with prediabetes returned to healthy blood sugar levels. In people with Type 2 diabetes, retatrutide also lowered A1C levels while supporting significant weight loss.

Researchers are continuing to study how the medication affects heart, kidney, and liver health. Retatrutide has not yet been approved for use, but early findings suggest it could become another option for people seeking help with diabetes and weight management in the future.

Diabetes in Our Region

North Carolina ranks 13th in the nation for adult diabetes prevalence. At 12.6%, residents of western North Carolina have a higher risk of developing Type 2 diabetes than residents in other parts of the state.

- In McDowell County, 10.6% of residents have diabetes and another 7.8% are prediabetic.
- In Henderson County, 9.3% of residents have Type 2 diabetes and another 6% are prediabetic.
- In Buncombe County, 11.8% of residents have Type 2 diabetes and another 6.7% are prediabetic.

IFPHA provides diabetes education for churches, community centers, and individuals through one-on-one sessions. For more information, please contact our Community Nurse at (828) 768-2369.

Sources: diaTribe Foundation, diatribe.org, YMCA of Western North Carolina.

Eight Easy Tips for Healthy Holiday Eating

- Eat wisely.
- Practice portion control.
- Choose fiber-rich foods.
- Don't skip meals.
- Enjoy your favorite holiday foods in moderation.
- Don't deprive yourself of every treat.
- Incorporate plenty of vegetables.
- Maintain your exercise routine.

Have a Safe and Happy Thanksgiving!

Alzheimer's Awareness

Alzheimer's disease is the most common form of dementia and affects memory, thinking, and behavior. Symptoms often develop gradually and worsen over time, making it increasingly difficult to carry out everyday activities. Common signs include memory loss, confusion, difficulty completing familiar tasks, and challenges with decision-making.

Alzheimer's disease is generally described in two forms:

Early-Onset Alzheimer's Disease affects people younger than age 65, often in their 40s or 50s. This form is less common and is sometimes linked to inherited genetic changes. People with Down syndrome face a higher risk of developing early-onset Alzheimer's.

Late-Onset Alzheimer's Disease is the most common form of the disease and occurs in people age 65 and older. While family history may increase risk, researchers have not identified a single cause or gene responsible for most cases.

A rare inherited form of the disease, known as Familial Alzheimer's Disease (FAD), is caused by specific genetic mutations and accounts for less than 1% of all Alzheimer's cases. Many people diagnosed with familial Alzheimer's develop symptoms before age 65.

Researchers continue to study Alzheimer's disease and its causes. Although there is currently no cure, early diagnosis, medical care, physical activity, social engagement, and support services can help people maintain their quality of life.

Source: Alzheimer's Association and WebMD

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!