

## November 2024 Wellness Ministry Messages

### American Diabetes Month

Take action to prevent diabetes health problems. Learn how you can live a healthier life—with the tools, health tips, and food ideas you need.

- [National Diabetes Month 2024 | NIDDK \(nih.gov\)](#)
- You Can Manage and Thrive with Diabetes ([Health & Wellness | ADA \(diabetes.org\)](#))
- [Risk Test | ADA \(diabetes.org\)](#)
- [Diabetes Risk Factors | CDC](#)
- [Foot Complications | ADA \(diabetes.org\)](#)
- [Healthful Eating with Diabetes](#)
- Preventing Diabetes Health Problem ([NDM24-English\\_Flyer\\_FINAL.pdf](#))

### Pancreatic Cancer Awareness Month

Ways to prevent and treat pancreatic cancer. Pancreatic cancer is the 10th most diagnosed cancer in the U.S.

- [Pancreatic Cancer Awareness Month | AACR](#)
- <https://pancan.org/facing-pancreatic-cancer/symptoms-and-diagnosis>
- [Talk Test Take Control - Pancreatic Cancer Action Network \(pancan.org\)](#)

### Antibiotic Awareness Week (November 18-24, 2024)

Raise awareness of the importance of appropriate antibiotic and antifungal use and the threat antimicrobial resistance poses to people, animals, plants and their shared environment.

- [U.S. Antibiotic Awareness Week \(USAAW\) | Antimicrobial Resistance | CDC](#)
- [About Antimicrobial Resistance | Antimicrobial Resistance | CDC](#)

### Chronic Obstructive Pulmonary Disease (COPD) Awareness Month

Time to increase awareness of the long-term lung disease that makes it hard to breathe.

- [Learn About COPD | American Lung Association](#)
- [COPD Causes and Risk Factors | American Lung Association](#)
- [Learn More Breathe Better® | NHLBI, NIH](#)
- [COPD: Portraits of Lung Health at Any Age Infographic | NHLBI, NIH](#)

### National Healthy Skin Month

Take good care of the body's largest organ.

- [National Healthy Skin Month \(aad.org\)](#)

### Lung Cancer Awareness Month

Raise critical awareness about lung cancer and turn the tide against this disease.

- [A Proclamation on National Lung Cancer Awareness Month, 2024 | The White House](#)
- [Lung Cancer Awareness Month | American Lung Association](#)
- [Tips to Keep Your Lungs Healthy | American Lung Association](#)
- [Health Effects of Secondhand Smoke | American Lung Association](#)

