

November is the month of Thanksgiving.

Give thanks to those you love by becoming informed about their health and informing them about the importance of a family health history.

Did you know that “Nearly 30 million children and adults in the United States have diabetes & that another 86 million Americans have prediabetes and are at risk for developing type 2 diabetes>(*data from American Diabetes Association)”?

November is American Diabetes month - find out more at: www.diabetes.org

Did you know that nearly every day someone dies of lung cancer?... EVERY DAY 432 AMERICANS DIE OF LUNG CANCER. Lung cancer is the leading cancer killer in men & women in EVERY ETHNIC GROUP.

November is National Lung Awareness Month - find out more at: www.cancer.org and check out this: [2015 Lung Cancer Fact Sheet](#),

Did you know that skin is your body’s largest organ? So it’s important to take good care of it.

November is National Healthy Skin Month (find out more info at www.aad.org).

Thanksgiving Day is National Family Health History Day! Your family health history can help your health care practitioner provide better care for you. It can help identify whether you have higher risk for some diseases. It can help your health care practitioner recommend actions for reducing your personal risk of disease. And it can help in looking for early warning signs of disease.

Click on the link below or paste it into your browser:

<https://familyhistory.hhs.gov/FHH/html/index.html> to utilize an online tool from the office of the Surgeon General or simply develop your own to keep in your own personal files that can be shared with your family & doctors as needed.