

STEP INTO WELLNESS



Diocese of Palm Beach 2025 Healthiest Employers Award



November is Diabetes Awareness Month

Nov 2025

The diagnosis of prediabetes is like a flashing warning sign – change to a healthier lifestyle now and you may bypass a future of fighting diabetes. Here's what you need to know about prediabetes.

Diabetes is a common health condition that most people have heard of or may be familiar with, but are you familiar with prediabetes? Prediabetes is a serious health condition in which blood sugar levels—similar to diabetes—are higher than normal, but not quite high enough to be diagnosed as type 2 diabetes.

Approximately 84 million Americans—more than 30%—have prediabetes, and of those individuals with prediabetes, 90% don't even know they have it. If you have prediabetes, you have an increased risk of developing type 2 diabetes, heart disease and stroke.

There is some good news, however. If you already have prediabetes, you can still make lifestyle changes that can delay or even prevent type 2 diabetes and other serious health issues.

What Causes Prediabetes?

Your pancreas makes insulin, a hormone that allows blood sugar into cells to use as energy. If you have prediabetes, the cells in your body don't respond as they normally should to insulin. So your pancreas makes more insulin to offset this and try to make the cells respond the way they're supposed to. Eventually, your pancreas isn't able to make enough insulin and your blood sugar rises, setting the stage for prediabetes—and possibly type 2 diabetes later on.

What Are the Symptoms & Risk Factors of Prediabetes?

It's possible to have prediabetes for years and yet have no clear symptoms. So it often goes undetected until a more serious health problem like type 2 diabetes surfaces.

Make sure to talk to your doctor about getting your blood sugar tested if you have any of the following risk factors for prediabetes:

- Are overweight
- Are 45 years or older
- Have a parent, brother, or sister with type 2 diabetes
- Are physically active less than three times a week
- Have ever had gestational diabetes (diabetes during pregnancy) or have given birth to a baby who weighed more than nine pounds
- Have polycystic ovary syndrome
- Are in one of the following higher risk race/ethnic groups:
 - African American
 - Hispanic/Latino American
 - American Indian
 - Pacific Islander
 - Asian American

Getting Tested

Taking a simple blood sugar test will let you know if you have prediabetes. Ask your doctor to see if you should be tested, especially if you have any of the risk factors previously mentioned.

Fasting Testing Levels:

99 or less = Normal; 100 - 125 = Prediabetic; 126 or higher = Diabetic

How Can I Prevent Type 2 Diabetes?

If you have prediabetes and are overweight, you can lower your risk of developing type 2 diabetes by losing just a small amount of weight and by getting regular physical exercise— at least 150 minutes a week of brisk walking or a similar activity.

The American Diabetes Association has many excellent resources to help you navigate a diagnosis of Diabetes. For more information visit www.diabetes.org or call 1-800-DIABETES (800-342-2383).

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Tips For Dental Health Care

To avoid costly and painful dental issues and enjoy healthy teeth and gums, you should:

- **Receive proper dental care and strive to control your insulin levels.** This can help prevent gum disease.
- **Maintain good dental health care to prevent mouth infections.** Mouth infections require immediate treatment. Your dentist may prescribe antibiotics, medicated mouth rinses and more frequent cleanings to help you avoid complications related to bacterial infections.

Monitor your blood sugar levels and have your triglyceride and cholesterol levels checked regularly. There may be a direct correlation between unhealthy levels and elevated chances of developing periodontal disease.

If your blood sugar isn't under control, you should talk with both your dentist and physician about receiving proper dental care. Dental procedures should be as short and as stress-free as possible.

November is Healthy Skin Month!

Your skin is your body's largest organ, so it's important to take good care of it. How you wash your face can make a difference in your appearance. Follow these tips from dermatologists to help you keep your face looking healthy.

Use a gentle, non-abrasive cleanser that does not contain alcohol. Wet your face with lukewarm water and use your fingertips to apply cleanser. Using a washcloth, mesh sponge, or anything other than your fingertips can irritate your skin. Resist the temptation to scrub your skin because scrubbing irritates the skin.

Rinse with lukewarm water and pat dry with a soft towel. Apply moisturizer if your skin is dry or itchy. Be gentle when applying any cream around your eyes so you do not pull too hard on this delicate skin. Limit washing to twice a day and after sweating.

Wash your face once in the morning and once at night, as well as after sweating heavily. Perspiration, especially when wearing a hat or helmet, irritates the skin. Wash your skin as soon as possible after sweating.

Follow these tips to protect your skin from the sun's damaging ultraviolet rays and reduce your risk of skin cancer:

- Seek shade when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.
- Wear sun-protective clothing, such as a lightweight and long-sleeved shirt, pants, a wide-brimmed hat and sunglasses with UV protection, when possible. For more effective sun protection, select clothing with an ultraviolet protection factor (UPF) label.
- Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher. Broad-spectrum sunscreen provides protection from both UVA and UVB rays.
 - Use sunscreen whenever you are going to be outside, even on cloudy days.
 - Apply enough sunscreen to cover all skin not covered by clothing. Most adults need about 1 ounce — or enough to fill a shot glass — to fully cover their body.
 - Don't forget to apply to the tops of your feet, your neck, your ears and the top of your head.
 - When outdoors, reapply sunscreen every two hours, or after swimming or sweating.
 - Use extra caution near water, snow, and sand, as they reflect the damaging rays of the sun, which can increase your chance of sunburn.
 - Consider using a self-tanning product if you want to look tan, but continue to use sunscreen with it.

Perform regular skin self-exams to detect skin cancer early, when it's most treatable, and see a board-certified dermatologist if you notice new or suspicious spots on your skin, or anything changing, itching or bleeding.

<https://www.aad.org/public/diseases/skin-cancer/prevent/how>

November Happenings Calendar

Nov 1 - 30	American Diabetes Month
Nov 1 - 30	Diabetic Eye Disease Month
Nov 1 - 30	National Alzheimer's Awareness Month
Nov 1 - 30	Lung Cancer Awareness Month
Nov 1 - 30	National Healthy Skin Month
Nov 27 	Thanksgiving Day

November Webinars

Just point your phone at the QR code to register!



November 6th, 13th, and 20th at 2:00pm ET: Live Well with Diabetes Series

Join us for 3 sessions to learn about diabetes and the self-management skills that will help you stay healthy today and avoid complications in the future.



November 12th at 1:00pm ET: Ask the Dietitian – Healthy Holiday Recipes

Join Lauren as she shares healthy recipes and tips on how to celebrate without going overboard.



November 18th at 1:00pm ET: Resilience During the Holidays

Learn how to handle the pressure and stress of the holidays in a positive manner and practice self-care for a healthier holiday season.



November 19th at 12:00pm ET: Sanitas Holiday Eating Survival Guide

Join Alejandra to learn some mindful eating techniques to strike a balance between indulgence and moderation this holiday season.



Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at cwaring@diocesepb.org or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at smaulden@diocesepb.org or 561-775-9574. Be sure to visit the wellness web page at www.diocesepb.org/wellness for helpful links and information.

Know Your Health and Wellness Benefits! First Stop Health

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Think about the last time you waited hours in the ER because it was the only place open, or waited weeks to see a doctor with a booked schedule.

It doesn't have to be that way! If it's not an emergency, [First Stop Health Telemedicine from Diocese of Palm Beach](#) is here to help.



24/7 care in minutes.

Skip the waiting and request a visit in a few taps. **First Stop Health doctors call back in 7 minutes** (on average).



Save your family money.

Available to you and your covered dependents, a telemedicine visit costs \$0.00.



Care for minor health issues.

Get care for sinus issues, [UTI](#), [allergies](#), fever, minor injury, aches & pains and more. Our doctors can write prescriptions* when appropriate.

2025 Pink It Out !!! For Breast Cancer Awareness



Pastoral Center Staff



St. Anastasia Parish Staff



St. Joan of Arc Parish Staff



St. Joan of Arc School Staff



All Saints School Staff