

Welcome to the Kalos Kares Quarterly Newsletter!

We hope each edition will provide information and knowledge to help improve your quality of life.

Diabetes Awareness Month

November is Diabetes Awareness Month

Whether you've been newly diagnosed, have been fighting against type 1 or type 2 diabetes for a while, or are helping a loved one, you've come to the right place. This is the start of gaining a deeper understanding of how you can live a healthier life—with all the tools, health tips, and food ideas you need. Wherever you're at with your diabetes, know that you have options and that you don't have to be held back. You can still live your best life. All you have to do is take action.

Overview Type 1 and Type 2 Diabetes

Type 1 diabetes occurs at every age and in people of every race, shape, and size. There is no shame in having it, and you have a community of people ready to support you.

Type 2 diabetes is the most common form of diabetes—and it means that your body doesn't use insulin properly. And while some people can control their blood sugar levels with healthy eating and exercise, others may need medication or insulin to help manage it.

Thriving with Diabetes

From diet and exercise to treatment care, there are tons of practical things you can do every day to make your life easier. Here are just a few

Medication- Take Medications as prescribed by your provider and seek professional advice for questions/ concerns.

Nutrition and Fitness- Check with your provider on healthy food choices and before you begin any exercise regimen.

Flu vaccination and egg allergy



Can I get the flu vaccine if I'm allergic to eggs?

Yes, you can. Some flu vaccines are made using eggs. As a result, the vaccines have tiny amounts of egg proteins in them. But this doesn't mean that if you're allergic to eggs you can't get a flu shot. You can still get a flu vaccine if you have an egg allergy.

If you only have a mild egg allergy, it's still safe to get a flu shot. There are two flu vaccines that don't contain egg proteins and are approved for use in adults age 18 and older. And even flu vaccines that do have egg proteins can be given safely to people with egg allergy.

In some cases, if you've had a severe reaction to eggs in the past, your doctor may suggest that you get your flu shot in a medical setting from a doctor trained in allergies.

A skin test may be needed to see if you're truly allergic to eggs. A nurse or doctor will scratch a tiny amount of egg protein on your skin and watch to see if your skin reacts to it.

If the skin test is positive, you'll still likely be able to get the flu vaccine. Your doctor may want you to wait 30 minutes before leaving, in case you have a reaction.

October 24 is National Take Back Prescriptions Day

The National Prescription Drug Take Back Day addresses a crucial public safety and public health issue. According to the 2019 National Survey on Drug Use and Health, millions of people misused prescription pain relievers, more than 5 million people misused prescription stimulants, and more than 5 million people misused prescription tranquilizers or sedatives since 2019. The survey also showed that a majority of misused prescription drugs were obtained from family and friends, often from the home medicine cabinet.

The DEA's Take Back Day events provide an opportunity for Americans to prevent drug addiction and overdose deaths. Governments, employers, insurers, local communities, patients facing higher costs. Too often, unused prescription drugs find their way into the wrong hands. That's dangerous and often tragic. That's why it was great to see thousands of folks from across the country clean out their medicine cabinets and turn in - safely and anonymously - a record amount of prescription drugs. To learn more about the National Take back prescription drug day, please contact your provider and or local pharmacy for drop off locations.

Tips for a Healthy Fall

1. Get Your Screenings
2. Visit your doctor regularly
3. Wash your hands with soap and clean running water for 20 seconds.
4. Wear a mask to help slow the spread of COVID-19
5. Get your annual flu shot to protect against flu, especially for cancer survivors.
6. Stay at least 6 feet from other people who are not from your household
7. Brush your teeth twice a day with fluoride toothpaste.
8. Get at least 7 hours of sleep every night.
9. Substitute water for sugary or alcoholic drinks

One-Dish Roasted Potatoes and Apples with Chicken Sausage



A scrumptious and easy one-dish baked meal that's perfect for chilly fall or winter evenings.

Ingredients:

- 3 red potatoes or your favorite potato variety (about 1 pound) 1 tablespoon canola oil 2 red apples (
- 1 yellow onion 4 chicken herb link sausages (12 ounces) 2 tablespoons cider vinegar 1/2 teaspoon ground mustard
- 1 tablespoon honey

Directions:

- Preheat oven to 425 °F.
- Cut potatoes into chunks, place in 2-quart baking dish.
- Drizzle with canola oil. Toss to coat.
- Roast potatoes in oven for about 20 minutes.
- While potatoes are roasting, cut apples and onions into chunks, and sausage into 1/2-inch slices.
- Remove baking dish from oven and reduce heat to 375 °F. Add remaining ingredients to baking dish and toss.
- Return baking dish to oven and roast an additional 30 minutes until apples and potatoes are tender.

TIPS FOR A HEALTHY FALL

