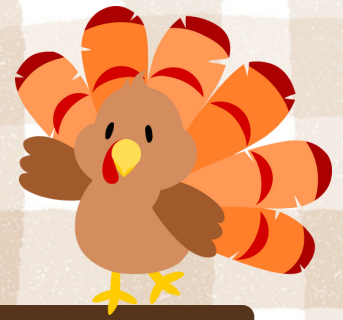


HEALTH SERVICES NEWSLETTER

NOVEMBER 2025



Health Information

November is Pancreatic Cancer Awareness Month

Risk Factors May Include:

- Family history of pancreatic cancer, chronic pancreatitis, increasing age, smoking, obesity, and long-standing Type 2 diabetes.

Symptoms to Discuss with Your Doctor:

- Jaundice (yellowing of the skin or eyes)
- Unexplained weight loss
- Abdominal or mid-back pain
- Loss of appetite
- Nausea, vomiting, or indigestion

[Learn More Here](#)

Diabetes and Epilepsy Awareness Month

Understanding Diabetes:

- Type 1 - autoimmune, insulin dependent treatment (tx.)
- Type 2 - may require insulin tx.

[Learn More Here](#)

[Understanding Epilepsy and Seizures](#)



Alzheimer's Disease

Alzheimer's disease is the most common cause of dementia, causing problems with memory, thinking, and behavior. It is not a normal part of aging.

10 Common Warning Signs:

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks.
4. Confusion with time or place.
5. New problems with words in speaking or writing.
6. Misplacing things and losing the ability to retrace steps.
7. Decreased or poor judgment.
8. Withdrawal from work or social activities.
9. Changes in mood and personality.
10. Changes in visual perception.

[Find Out More Here](#)

Dates to Remember

- November 10: School Board Meeting at 6:30pm
- November 11: Veteran's Day
- November 26-28: Thanksgiving Break; No School
- November 27: Thanksgiving Day