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this month

**November 8
Election Day**

**November 12
World Pneumonia
Day**

**November 24
Thanksgiving**



NATIONAL FAMILY CAREGIVER MONTH

[#CaregivingHappens](#)
November 2022

Caregiver Action Network (CAN) is a nonprofit that provides free education, peer support, and resources to family caregivers and spearheads the celebration of National Family Caregivers (NFC) Month nationally. NFC Month is celebrated each November and is a time to recognize and honor family caregivers across the county.

Celebrating family caregivers during NFC Month offers an opportunity to raise awareness of family caregiver issues, celebrate the efforts of family caregivers, educate family caregivers about self-identification, and increase support for family caregivers.

Families are the primary source of support for older adults and people with disabilities in the U.S. Many caregivers work and also provide care, experiencing conflicts between competing responsibilities. Research indicates caregiving also takes a significant emotional, physical, and financial toll. With nearly half of all

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National COPD Awareness Month
Prematurity Awareness Month
Epilepsy Awareness Month
American Diabetes Month



American Diabetes Month is a chance to show the world what life with diabetes is really like and to provide ways to manage it. Every year, communities come together to ring the alarm on the diabetes epidemic. For the millions who are at risk for it, it's a time to get educated, find resources and make sure those around us are aware of their risk, too. And for the millions living with diabetes, it's a chance to tell stories and awaken the world. Until we find a cure, we will find each other and lift each other up.

Diabetes Awareness

Type 1

Type 1 diabetes occurs at every age and in people of every race, shape, and size. The body breaks down carbohydrates into blood glucose (sugar) and uses it for energy. Insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body. In type 1 diabetes, the body does not produce insulin. This is a condition that can be managed with insulin therapy, healthy lifestyle choices, exercise, and proper diet so those affected can live long, healthy lives.

Type 2

Type 2 diabetes is the most common form of diabetes—and it means that your body doesn't use insulin properly. Some people can control blood glucose levels with healthy eating and exercise, while others may need medication or insulin to help manage it. Maintaining a healthy diet and an active lifestyle are important components of managing type 2 diabetes.

Prediabetes

Prediabetes is a condition where blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Prediabetes is almost always present before a person develops Type 2 diabetes, but there are no clear symptoms. A person may have some of the symptoms of diabetes or even some of the complications. It is important to check with a doctor and get tested. A person who is diagnosed with prediabetes may not develop Type 2, particularly if the diagnosed person follows a treatment plan, diet, and exercise routine.

Gestational Diabetes

The cause of gestational diabetes remains unknown though millions of women experience it during pregnancy.

Hormones can block the action of the mother's insulin to her body which causes a problem called insulin resistance. This insulin resistance makes it hard for the mother's body to use insulin; therefore, the mother may need up to three times as much insulin to compensate.

The key to treating it is to act quickly because gestational diabetes can hurt the mother and baby. Gestational diabetes can be managed with special meal plans, regular physical activity, blood glucose testing, and insulin injections. It doesn't mean that the mother had diabetes before conception or that the mother will have diabetes after giving birth, but the mother can have a healthy pregnancy and a healthy baby by working with the doctor to manage insulin levels.

Source: <https://diabetes.org/diabetes>

O₂ Firebreaks / Thermal Fuses



An **oxygen firebreak** is a thermal fuse designed to extinguish an oxygen delivery tube fire and stop the flow of oxygen if the tube is accidentally ignited. A firebreak is fitted into the oxygen delivery tubing close to the patient, typically around the patient sternum where the two nasal cannula tubes join and connect to the delivery tubing.



Oxygen is not flammable, but its presence in increased concentrations will enable fires to start much more easily and, once a fire has started, it will burn more fiercely. Materials that do not burn in ambient air may burn in elevated oxygen concentrations.



Most fires are caused by patients who smoke while using oxygen. Other risks range from gas flames to birthday candles. Once a fire has started in the nasal cannula it will track back towards the oxygen source and if not stopped may lead to a 'whole house' fire. Whole house fires are directly correlated with single/multiple deaths. An oxygen firebreak stops the flow of oxygen in the event of a fire, which then extinguishes the fire in the tube.



The World Health Organization (WHO) recommends "firebreak connectors to stop the oxygen flow in the event of fire" in all oxygen concentrators.



If you or someone you know uses medical oxygen, you can contact the [Wyoming State Fire Marshall's Office](http://www.firebreaks.info/firebreaks-information/) at 777-7288 to obtain an oxygen firebreak.

Source: <http://www.firebreaks.info/firebreaks-information/>

National COPD Awareness Month

Chronic obstructive pulmonary disease (COPD) is a leading cause of disability and death in the United States, with more than 150,000 deaths annually. Millions of Americans have been diagnosed with COPD, and millions more have the disease and don't know it.

Also known as emphysema or chronic bronchitis, COPD imposes an enormous burden on individuals affected, their caregivers, and the nation's health care system. Associated national medical costs were projected to increase from \$32.1 billion in 2010 to \$49 billion in 2020.

The disease develops slowly, with symptoms gradually worsening over time, limiting the ability to do routine activities. Signs and symptoms are often brushed off as a natural part of aging, and, as a result, COPD is often not diagnosed until symptoms are severe and critical lung function is lost. Gone undiagnosed, severe COPD may prevent individuals from doing basic activities, such as walking, cooking, or taking care of themselves. But, with early diagnosis and treatment, people with COPD can improve their quality of life and begin to breathe more easily.

This November, the [Learn More Breathe Better®](https://www.nhlbi.nih.gov/COPD-caregivers) program marks National COPD Awareness Month by recognizing the spectrum of those who care for people with COPD.

Caring for someone with #COPD can be complicated. The COPD Caregiver's Toolkit, developed by @BreatheBetter & @RespHealth, includes information, advice, and tools to help care for someone with COPD. Learn more: <https://www.nhlbi.nih.gov/COPD-caregivers> #BreatheBetter

Source: <https://www.nhlbi.nih.gov/>

COPD is more than twice as common in rural areas.

Learn about its risk factors.

[nhlbi.nih.gov/breathebetter](https://www.nhlbi.nih.gov/breathebetter)



NHLBI
National Heart, Lung,
and Blood Institute

LEARN MORE
BREATHE BETTER



General Election

Tuesday, November 8, 2022

P&A Voter Hotline

1-877-249-6176

7:00 a.m. — 7:00 p.m.

Please call with questions about voter registration, accessibility, voting equipment, guardianship, or other issues that might affect your right to vote.



ASL Voter Hotline

301-818-VOTE

(301-818-8683)

Ask questions and get answers — in ASL! Volunteers are standing by to answer any questions about voting and to provide resources on the voting process.

VOTE411.org

Launched by the League of Women Voters Education Fund, VOTE411.org is a “one-stop-shop” for election related information.

It provides nonpartisan information to the public regarding election dates, early voting, ballot measures, ID requirements, polling place locations, registration deadlines, voter qualifications, and voting machines.

Source:

<https://www.vote411.org>



MISSION STATEMENT

To establish, expand, protect, and enforce the human and civil rights of persons with disabilities through administrative, legal, and other appropriate remedies.

CONTACT US

Protection & Advocacy System, Inc.

7344 Stockman Street
Cheyenne, WY 82009
307.632.3496 voice or relay
800.625.7648 clients only
307.638.0815 fax
www.wypanda.com

NATIONAL FAMILY CAREGIVER MONTH

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caregivers over age 50, many are vulnerable to a decline in their own health. Studies show that coordinated support services can reduce caregiver depression, anxiety, and stress, and enable them to provide care longer, which avoids or delays the need for costly institutional care.

#CaregivingHappens raises awareness of the role of a family caregiver as people realize the caregiver may be running late after picking up a loved one from chemo or friends understand the caregiver isn't avoiding them but caring for a loved one with Alzheimer's. **#CaregivingHappens** when the caregiver is busy or has other plans that may cause the caregiver to miss meetings, appointments, or events.

Source: <https://www.caregiveraction.org/national-family-caregivers-month>

Source: <https://acl.gov/news-and-events/downloads-and-multimedia/NFCM>