

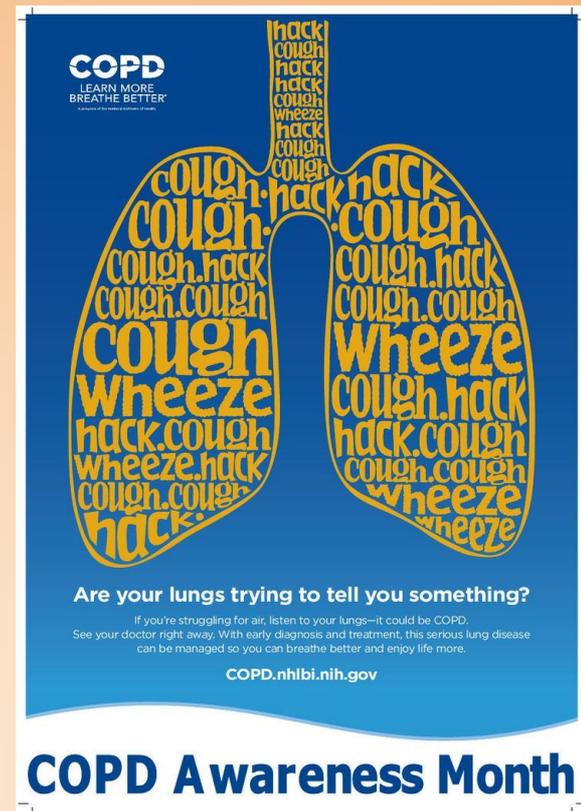
# DEI Pearls: November Newsletter



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## November: COPD Awareness Month

- As of 2020, 12.5 million Americans reported a diagnosis of COPD
- COPD is the 3rd leading killer after cancer and heart disease
- COPD is more prevalent in rural communities due to occupational exposures
- Myth - COPD is usually thought of as a male dominated illness, however, since 2000, more women than men have died from COPD per year in the US



## Quick Stats Providers Should Know!

- **Not everyone gets COPD from smoking**
  - COPD can be caused by pollution, under managed asthma, occupational exposures, and working environments
- Individuals with COPD are at higher risk for developing lung cancer
  - **Early detection and intervention is key** in the successful treatment of lung cancer
- Patients with COPD are **more likely to have depression** or other **mental health conditions**, increased confusion or memory loss, and limited activity
- Educate patients on the **importance of pulmonary rehabilitation** as it can teach management strategies that can improve their quality of life

## Wellness Challenge of the Month

With finals coming up stress levels are high! We encourage everyone to try one of these COPD friendly activities to get up and get moving :)

- Chair Dances: various stretches and exercises to keep the body moving.
- Tai Chi: ancient Chinese practice of gentle flowing movements that aid in relaxation and plays a special role in easing stress.
- Water Aerobics: gives a less intense option of working out, and relieves impact on joints.
- **You can see all of these on YouTube or can find classes in the local area!**

## Resources to Further Your Education

**Breathing Lessons: A Doctor's Guide to Lung Health** by Meilan K Han MD

**Quit Assist is an online smoking cessation help page.**

[https://www.quitassist.com/helpful-resources.htm?gclid=CjwKCAjwysipBhBXEiwApJOcu7jEyG-8jc0VNALiRRvGOSuYi5Hodnv32pVWijgmsA8mU1p8WjmlYBoCt9QQAuD\\_BwE](https://www.quitassist.com/helpful-resources.htm?gclid=CjwKCAjwysipBhBXEiwApJOcu7jEyG-8jc0VNALiRRvGOSuYi5Hodnv32pVWijgmsA8mU1p8WjmlYBoCt9QQAuD_BwE)

“The struggle you’re in today is developing the strength you need for tomorrow”

- Robert Tew

### Additional Reminders and What to Look Forward to Next Month!

#### November is also Diabetes Awareness Month

- Around 30 million people in the U.S have diabetes
- Diabetes possess the risk of causing complications to almost every system of the body

#### Things to consider as a future provider!

- The best treatment of anything is? **Prevention!!**
  - Take the time to talk to patients about the benefits of regular physical activity and mindful nutrition and eating habits
- It is estimated 1 in 4 affected patients aren't aware they have diabetes
  - Remember to **look for warning signs** - increased thirst, urination and hunger, extreme fatigue, blurred vision, and numbness and tingling in hands and feet.

To learn more, we encourage you to check out the American Diabetes Association

<https://diabetes.org/about-diabetes>

See you next month for more DEI topics!

## Other Sources We Used...

[The Path to Understanding Diabetes Starts Here](#)

[Basics About COPD | CDC](#)

[November is National COPD Awareness Month | NHLBI, NIH](#)

[Helpful Resources - QuitAssist®](#)