

November 2025

Dr. Justin's Monthly Newsletter November Edition: **Diabetes Awareness Month - Taking Charge of Your Health**

Dear Friends,

November is **Diabetes Awareness Month**, a time to bring attention to one of the fastest-growing chronic conditions in the world. At Dr. Justin's, we believe in empowering individuals with the knowledge, resources, and support needed to manage and prevent diabetes effectively. Our focus this month is on education, early diagnosis, and lifestyle choices that promote long-term health.

Understanding Diabetes

Diabetes is a condition that affects how your body turns food into energy. When unmanaged, it can lead to serious complications like heart disease, kidney failure, vision loss, and nerve damage. The good news is through awareness and healthy habits, diabetes can often be prevented or managed successfully.

This Month's Initiatives

Free Diabetes Screenings and Risk Assessments

We are offering free blood glucose tests and risk evaluation camps to promote early detection and timely intervention.

Diabetes Management & Prevention Webinars

Join our sessions with endocrinologists and nutritionists covering topics such as blood sugar control, diabetic-friendly diets, and managing diabetes-related complications.

Healthy Living Workshops

These interactive programs will focus on meal planning, weight management, physical activity, and stress reduction for a diabetes-conscious lifestyle.

Support for Patients and Caregivers

We're hosting support group sessions for people living with diabetes and their families to share experiences and learn practical coping strategies.

Tips for Diabetes Awareness and Management

- **Know Your Numbers:** Monitor your blood sugar, blood pressure, and cholesterol levels regularly.
- **Eat Smart:** Choose whole grains, lean proteins, and fiber-rich vegetables while limiting sugar and refined carbs.
- **Stay Active:** Engage in at least 30 minutes of moderate exercise five days a week.
- **Manage Stress:** Practice mindfulness, deep breathing, or light physical activity to reduce emotional strain.
- **Follow Medical Advice:** Take medications as prescribed and keep regular appointments with your healthcare provider.

Looking Ahead

In December, we'll shift our focus to **"Seasonal Wellness: Staying Healthy During the Festive Season."** Watch out for tips on maintaining health, managing stress, and enjoying the holidays mindfully.

Let's Raise Awareness, Together

By coming together to spread awareness and advocate for early action, we can reduce the impact of diabetes in our communities and create healthier lives.

Warm regards,

Dr. J. Jone Asir Joy Justin

Medical Director

Dr. Justin's

"Your comfort is our priority"

Let's stay connected! Follow us on social media or visit our website for updates, health tips, and opportunities to participate in our programs.