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## November 2020 Newsletter

### Happy Thanksgiving!

Let's be grateful and share blessings this Thanksgiving even though it will be more of a puzzle than usual this year. It will be about whether to request COVID-19 tests, how guests can help with food outside of the host family's kitchen and most importantly, how to observe the tradition of Thanksgiving while also observing health regulations and staying safe. For many of us, instead of celebrating with relatives, this Thanksgiving will be spent with our immediate family members whether it is in person or virtually.

### **NOVEMBER IS NATIONAL DIABETES and NATIONAL EPILEPSY AWARENESS MONTH**

**Diabetes** is a chronic disease that occurs when the pancreas is no longer able to make insulin, or when the body cannot make good use of the insulin it produces. Not being able to produce insulin or use it effectively leads to elevated glucose levels in the blood (known as hyperglycemia). Over the long-term high glucose levels are associated with damage to the body and failure of various organs and tissues. There are three main types of diabetes – **Type 1, Type 2 and Gestational**.

- **Type 1** can develop at any age, but occurs most frequently in children and adolescents. When you have type 1 diabetes, your body produces very little or no insulin, which means that you need daily insulin injections to maintain blood glucose, levels under control.
- **Type 2** is more common in adults. When you have type 2 diabetes your body does not make good use of the insulin that it produces. The cornerstone of type 2 diabetes treatments is healthy lifestyle, including increased physical activity and healthy diet. However, over time most people with type 2 diabetes will require oral drugs and/or insulin to keep their blood glucose levels under control.
- **Gestational (GDM)** is a type of diabetes that consists of high blood glucose during pregnancy and is associated with complications to both mother and child.

<https://www.idf.org/aboutdiabetes/what-is-diabetes.html>

Research is now being done on Type 4 diabetes, which describes age-related insulin resistance that occurs in lean, elderly people.

<https://www.salk.edu/news/salk-news/faq-on-type-4-diabetes/>

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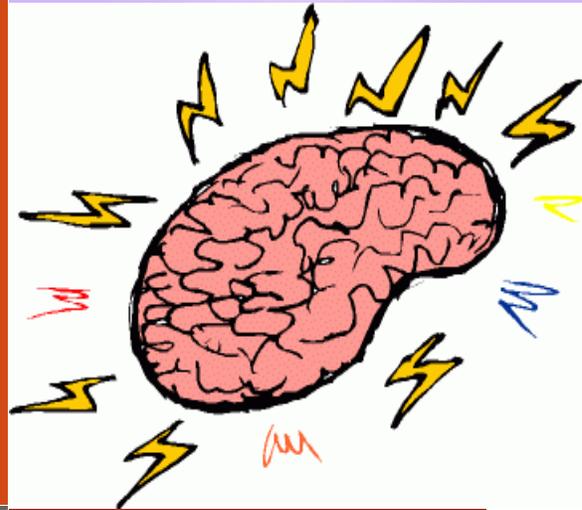
**Epilepsy** is a central nervous system (neurological) disorder in which brain activity becomes abnormal, causing **seizures** or periods of unusual behavior, sensations, and sometimes loss of awareness.

Anyone can develop epilepsy.

Seizure symptoms can vary widely. Some people with epilepsy simply stare blankly for a few seconds during a seizure, while others repeatedly twitch their arms or legs. Having a single seizure doesn't mean you have epilepsy. At least two unprovoked seizures are generally required for an epilepsy diagnosis.

Treatment with medications or sometimes surgery can control seizures for the majority of people with epilepsy. Some people require lifelong treatment to control seizures, but for others, the seizures eventually go away. Some children with epilepsy may outgrow the condition with age.

<https://www.mayoclinic.org/diseases-conditions/epilepsy/symptoms-causes/svc-20350093>



### Symptoms Of Epilepsy

Because epilepsy is caused by abnormal activity in the brain, seizures can affect any process your brain coordinates. Seizure signs and symptoms may include:

- Temporary confusion
- A staring spell
- Uncontrollable jerking movements of the arms and legs
- Loss of consciousness or awareness
- Psychic symptoms such as fear, anxiety or déjà vu

Symptoms vary depending on the type of seizure. In most cases, a person with epilepsy will tend to have the same type of seizure each time, so the symptoms will be similar from episode to episode.

**Seizures** that appear to result from abnormal activity in just one area of your brain are called **focal (partial) seizures**. **Seizures** that appear to involve all areas of the brain are called generalized seizures. **Seek immediate medical help** if any of the following occurs:

- If seizure is experienced for the first time
- The seizure lasts more than five minutes.
- Breathing or consciousness doesn't return after the seizure stops.
- A second seizure follows immediately.
- You have a high fever.
- You're experiencing heat exhaustion.
- You're pregnant.
- You have diabetes.
- You've injured yourself during the seizure.

