

**November 2019**

## Help Patients Start Day One of Quitting Smoking: November 21, 2019

The use of cigarettes and other tobacco products is the single most preventable cause of disease, disability and death in Michigan and across the US. This year, the American Cancer Society's [Great American Smokeout®](#) event is November 21. Each year, this nationwide event encourages people to start day one of quitting smoking and take a step toward a healthier life.

Quitting smoking has [positive health effects](#) both immediately and in the long term including lowering heart rate, blood pressure and risk of coronary heart disease. Though quitting isn't easy, the Great American Smokeout® offers tools and resources to help, including:

- [Printable resources](#) for workplaces, health systems and communities – posters, flyers, print ads, table signs quit cards, benefits of smoking handouts
- [Tips](#) for overcoming tobacco addiction and what to expect when quitting tobacco
- [Tips](#) for helping a smoker quit – general hints for friends and family



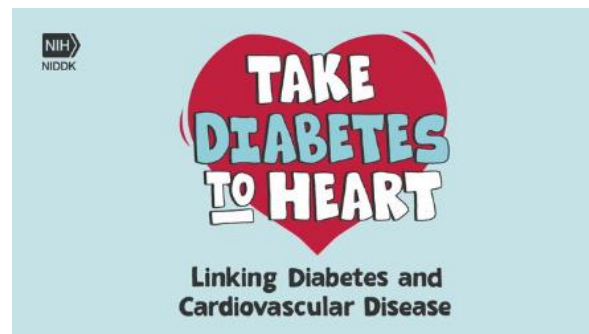
### Call to Action!

Visit the American Cancer Society's [Great American Smokeout®](#) webpage to learn more about this event. Set up a resource table and post fliers around your office to encourage current smokers to start day one of quitting on November 21, 2019.

## November is National Diabetes Month

The 2019 theme for National Diabetes Month is [Take Diabetes to Heart: Linking Diabetes and Cardiovascular Disease](#) to raise awareness around diabetes putting individuals at increased risk for also developing heart disease.

Over time, high blood sugar associated with diabetes can damage blood vessels and nerves that control the heart. To support providers and partners in talking with patients and loved ones with diabetes, the National Institute of Diabetes and Digestive and Kidney Diseases put together a [National Diabetes Month 2019 Toolkit](#) featuring helpful resources, including:





- [National Diabetes Month flyer](#) – features tips for reducing risk of developing heart disease
- [Social media graphics](#) – content and graphics to post on Facebook, Twitter and Instagram
- Printable factsheets, including but not limited to:
  - [Know the Difference Fact Sheet](#): Cardiovascular Disease, Heart Disease, and Coronary Heart Disease
  - [Healthy Blood Pressure for Healthy Hearts: Small Steps to Take Control](#)
  - [Move More: Making Physical Activity Routine](#)

### Call to Action!

Check out the [National Diabetes Month 2019 Toolkit](#) and be sure to share your organization's activities with #DiabetesMonth, #Diabetes and #HeartDisease on Facebook, Twitter and Instagram.

## Cholesterol Myths & Facts – Test Your Knowledge and Share!

Should cholesterol only be checked when we reach middle age? Does taking cholesterol medications mean there's no need for lifestyle change? Test your knowledge using the American Heart Association's [Cholesterol: Myths vs. Facts](#) resource and share with patients to bust these and other common cholesterol myths:

Myth	Fact
<i>Your cholesterol is a result of your diet and physical activity level</i>	These factors affect cholesterol, but so do many others like increasing age, being overweight and family history. Learn more <a href="#">here</a> !
<i>If the nutrition label of a food shows no cholesterol, the food is heart healthy</i>	Foods that are "no cholesterol" or "low fat" may still be high in other types of "bad" fats like <a href="#">saturated fats</a> and trans fats that can raise cholesterol and increase risk for heart disease.

Learn more and access additional cholesterol resources at [heart.org/Cholesterol](http://heart.org/Cholesterol).

### Call to Action!

Share the American Heart Association's [Cholesterol: Myths vs. Facts](#) resource with patients to encourage conversation and address any questions.

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