



NOVEMBER 2020

Wellness Matters

Brought to you by INTEGRITY CONSULTING GROUP

Stay Healthy

Is It Flu, Cold, or COVID-19?

As expected during the pandemic, every cough, sneeze, or throat tickle may give you cause for concern. Many symptoms of the common cold, the flu, and COVID-19 are similar—making it difficult to distinguish between them. Different viruses cause each of these illnesses, which means there *are* different symptoms.

Flu: If you feel fine one day and miserable the next, it may be the flu. Symptoms usually come on suddenly and vigorously, often starting with a high-grade fever, headaches, and fatigue. Dry cough, sore throat, and runny or stuffy nose can also appear.

Symptoms are generally more severe than the common cold and tend to gradually improve over two to five days, but can last a week or more. You should stay home for at least 24 hours after your fever is gone to avoid infecting others.

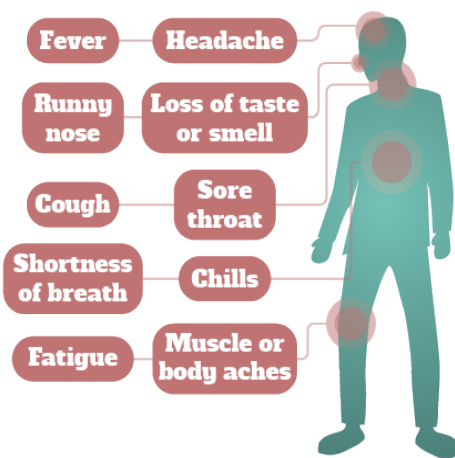
Common Cold: The most significant clue that you are suffering from the common cold is the absence of a fever; be aware, however, that young children may get a low-grade fever. Typically, symptoms come

COVID-19: The majority of COVID-19 patients experience mild to moderate respiratory illness. The three most common symptoms to keep in mind are fever, dry cough, and shortness of

breath. Check out the infographic here for additional symptoms.

Is It COVID-19?

People with COVID-19 have experienced a wide range of mild to severe symptoms, appearing 2 to 14 days after exposure, including:



on gradually and may start with a sore throat or irritated sinuses. Other symptoms include cough, mild headache, sneezing, and runny nose. People with the common cold are generally contagious during the first three days of catching the cold; symptoms typically subside within a week.

these illnesses is a symptom of COVID-19—shortness of breath. If you are experiencing this symptom or are unsure about your illness, contact your doctor, explain your symptoms, and seek instructions before going to a facility to seek care.

The Key Difference: One key difference between

Diabetes: Type 2

November is *Diabetes Awareness Month*. Between 90 and 95 percent of those diagnosed with diabetes in the United States have Type 2 diabetes. Formerly called *adult onset diabetes* or *noninsulin-dependent diabetes*, the condition is increasing at an alarming rate due to current obesity levels.

While it is not completely understood why some people develop Type 2 diabetes, research has shown the following factors significantly increase the risk of developing the disease:

- Obesity
- Physical inactivity
- Genetics
- High blood pressure
- Abnormal cholesterol levels
- Ethnicity (being African American, Pacific Islander, Hispanic/Latino, American Indian, or Asian American)
- Age (risk rises with age, especially over age 45)
- Having pre-diabetes—left untreated, it likely will develop into Type 2 diabetes
- Previously / currently having gestational diabetes
- Giving birth to a baby more than 9 pounds

Those diagnosed with Type 2 diabetes need to follow a stringent daily plan to ensure that blood glucose is kept in the proper range, including:

- A specific meal plan
- Physically active
- Prescribed medications, including insulin if needed
- Blood glucose testing as recommended
- Daily records of blood glucose levels and any unusual issues that come up during the day

Prevention is key. Talk with your doctor about what steps you can take to avoid Type 2 diabetes. For more information, contact the American Diabetes Association at diabetes.org.



Healthy & Nutritious Memory and Diet

Certain foods can increase the chances of a healthy brain as you age. If you want to remain mentally sharp as you age, consider adding the following foods to your diet:

Spinach: High in folic acid, some studies have shown that spinach can prevent and even reverse memory loss.

Fish: Rich in omega-3 fatty acids, fish is linked with a lower risk of dementia and stroke, can help slow cognitive decline, and can enhance memory as you age.

Nuts and Chocolate: Nuts contain vitamin E, which is shown to slow cognitive decline. Dark chocolate (in moderation) is rich in antioxidants and can enhance concentration. Limit yourself to an ounce of nuts and chocolate daily to avoid excess calories.

Apples: Apples provide the antioxidant quercetin to protect against Alzheimer's disease. Don't peel your apples as the skin contains the most quercetin.

Iron-rich foods: Iron deficiency negatively affects learning, memory, and attention.