UNION Baptist Church
IN THE VILLAGE OF HARLEM

FAITH • HEALTH • WELLNESS | NOVEMBER 2026

November Health Observances

A congregational guide to awareness, prevention, and caring for one another.

KNOW YOUR NUMBERS

National Diabetes Month

Diabetes occurs when blood sugar is too high. Over time, it can affect the heart, eyes, kidneys, and nerves. Learning your risk and getting care can help prevent health problems.

Start the conversation
Ask your health care team whether you need diabetes testing, especially if you have a family history, prediabetes, or other risk factors.

Know your ABCs
A - A1C: Your average blood sugar. **B - Blood pressure. C - Cholesterol.** Ask what your personal goals should be.

Build healthy habits
Choose water more often, include vegetables and fiber-rich foods, move regularly as you are able, and take medicines as prescribed. If you have diabetes, ask about diabetes education and support.

This month: Write down one question to bring to your next appointment.

PROTECT YOUR LUNGS

COPD & Lung Cancer Awareness

A cough that will not go away, wheezing, or shortness of breath should be discussed with a health care professional. COPD is a long-term lung condition that makes breathing difficult.

Protect every breath
Avoid tobacco smoke and secondhand smoke. If you smoke, ask about counseling and medicines that can help you quit. Tell your provider about your smoking history and ask whether lung cancer screening is right for you.

Great American Smokeout
Thursday, November 19, 2026
Use this day to make a quit plan or take your first step toward a smoke-free life. Support is available.

Free quit support: 1-800-QUIT-NOW
smokefree.gov

You do not have to do it alone. Encourage someone who is trying to quit.

BE INFORMED

Pancreatic Cancer Awareness

Learn your family history and share it with your provider. Report yellowing of the skin or eyes, unexplained weight loss, or ongoing upper belly or back pain. These symptoms can have several causes and need evaluation.

Routine pancreatic cancer screening is not recommended for people at average risk. Ask about your risk if pancreatic cancer runs in your family.

Learn more
Cancer: cancer.gov and cancer.org
Diabetes: niddk.nih.gov
Lung health: nhlbi.nih.gov
Memory and caregiving: alz.org
Antibiotics: cdc.gov/antibiotic-use

SUPPORT OUR CAREGIVERS

Caring for Those Who Care

November is **National Family Caregivers Month** and **National Alzheimer's Disease Awareness Month.** We honor those who care for loved ones and remind them that their health matters, too.

Offer a helping hand
Bring a meal, help with errands, provide a ride, or arrange a regular check-in. Ask what would help most. Caregivers can ask family, friends, and their care team about respite and support.

Notice memory changes
Memory loss that disrupts daily life deserves a medical evaluation. Write down changes in memory, thinking, or behavior and share them with a health care professional.

A prayer, a phone call, and practical help can remind someone they are not alone.

USE ANTIBIOTICS WISELY

U.S. Antibiotic Awareness Week

November 18-24

Antibiotics treat certain bacterial infections. They do not treat viruses such as those that cause colds or flu.

Use antibiotics wisely
Take antibiotics only when prescribed and exactly as directed. Do not share them or save them for later. Ask your clinician what will help you feel better when an antibiotic is not needed.

This month: Keep a current medicine list and bring it to appointments.

FAITH IN ACTION

Take One Step This Month

Choose a health goal you can start today. Pray for strength, invite someone to join you, and seek care when you need it.

- Schedule an overdue checkup or screening.
- Ask about your blood sugar and blood pressure.
- Make time for movement and balanced meals.
- Check on a caregiver or older church member.

Faith inspires us.
Healthy choices strengthen us.

Union Baptist Church
240 West 145th Street, New York, NY 10039 | Rev. Dr. Brian D. Scott, Pastor
www.ubcofharlem.org

CHOOSE HEALTHY LIFE

Selected national observances, not a complete calendar. Health information is for education; discuss personal care with your health care professional.
Sources reviewed November 2026.