

FUN FACTS FOR THE MONTH OF NOVEMBER:

- The name of the month of November comes from the Latin “**novem**”, meaning “nine”, because in the Roman calendar November was the ninth month of the year out of a total of ten months. With the adding of January and February at the beginning of the calendar after the Julian calendar reform, November became the eleventh month of the year, as we know it today.
- Another fun fact about November is that in Canada, this month is associated with **November** (moustache November), a movement that encourages men to grow a moustache as a symbol of celebrating men’s health and raise awareness regarding different male diseases.
- The **traditional flower of the month of November** is the chrysanthemum. Depending on their color, chrysanthemums have different meanings: the red ones symbolize love, the white ones stand for innocence, and the yellow ones denote unrequited love.



The clinic will be CLOSED

MONDAY, NOVEMBER 12
for
REMEMBRANCE DAY.

A doctor is on call 24 hours for
EMERGENCIES
and can be reached by calling:
306-543-7880



What is diabetes?

Diabetes is a chronic, often debilitating and sometimes fatal disease, in which the body either cannot produce insulin or cannot properly use the insulin it produces. Insulin is a hormone that controls the amount of glucose (sugar) in the blood. Diabetes leads to high blood sugar levels, which can damage organs, blood vessels and nerves. The body needs insulin to use sugar as an energy source.

**For further information contact:
Canadian Diabetes Association-
www.diabetes.ca**