QPIC Quality Partners In Care | A healthcare partnership between HEALTH TEXAS PRIMARY CARE DOCTORS | BAPTIST HEALTH SYSTEM

WELLNESS ARTICLE



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Written By: Heather Williams

November is American Diabetes Month, a time to raise awareness about diabetes, encourage prevention, and highlight the importance of managing your health.

Diabetes affects millions of Americans, but understanding your risk and making healthy lifestyle choices can make a meaningful difference. Whether you're living with diabetes, caring for someone who is, or simply looking to stay healthy, this month is a great reminder to prioritize your well-being.

3 Ways to Take Charge of Your Health

1. Know Your Numbers

Regular checkups and screenings can help identify potential health concerns early. Ask your healthcare provider about your blood sugar levels and whether an A1C test is right for you.

2. Make Healthy Choices

Small changes can add up! Incorporate balanced meals, stay physically active, drink plenty of water, and aim for consistent sleep.

3. Stay on Top of Your Care

If you have diabetes, following your care plan, taking medications as prescribed, and attending regular appointments can help you manage your condition and reduce the risk of complications.

Cancer Awareness Month: Early Detection Saves Lives

Cancer Awareness Month is an important reminder to prioritize your health and stay proactive about cancer prevention. Regular screenings, routine checkups, and early detection can make a meaningful difference in identifying cancer when it is most treatable. Talk with your primary care provider about recommended screenings, understand your risk factors, and don't ignore changes in your health. Taking small steps today can make a big difference tomorrow!



Join Our December Health Talk!

Join us for our next Health Talk on December 2 from 12–1 p.m. to understand and learn more about High Blood Pressure.

Visit **QPICSA.com** and click the Health Talk banners on the homepage to learn more and sign up!

HEALTHTEXAS
PRIMARY CARE DOCTORS

Need a Primary Care Provider?

HealthTexas is accepting new patients and offers same-day appointments for established patients, along with Saturday appointments help fit your schedule.

- **Premier Personalized Care**
- **Televisits Available**
- **Short Wait Times**
- **Timely Referrals & Authorizations**
- **Saturday & Extended Hours Care**
- **Same Day Sick Appointments**
- **Hablamos Español**

Healthy Recipe

Apple Cinnamon Baked Oatmeal

Start your morning with a little fall flavor! This apple cinnamon baked oatmeal is packed with fiber, whole grains, and naturally sweet apples.



Ingredients

- 2 cups old-fashioned rolled oats
- 1½ cups unsweetened almond milk
- 1 large apple, diced
- 1 egg
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 2 tablespoons pure maple syrup
- ½ teaspoon baking powder
- ¼ cup chopped walnuts (optional)

Directions

1. Preheat oven to 350°F.
2. Mix oats, almond milk, egg, cinnamon, vanilla, maple syrup, and baking powder.
3. Fold in diced apples and walnuts.
4. Pour into a greased baking dish.
5. Bake for 30–35 minutes until golden and set.
6. Let cool slightly, slice, and enjoy!

Healthy tip: Oats are a great source of soluble fiber, which can help support healthy cholesterol levels.