



SEPTEMBER

is Blood Cancer Awareness Month



**LEUKEMIA,
LYMPHOMA, MYELOMA, = Cancer**

Blood cancers are cancers of the blood, bone marrow or lymph nodes that affect normal blood cell production or function.

Today, nearly 1.3 million people in the United States are living with, or are in remission from, leukemia, lymphoma or myeloma.

Blood cancer can affect anyone, at any time. There is no way to prevent or screen for most blood cancers, so we are focused on finding cures.

#FightBloodCancer

#BloodCancerAwareness

#BCAM

CHILDHOOD CANCER AWARENESS MONTH

ACCORDING TO RESEARCH FROM ST JUDE'S CHILDREN'S HOSPITAL

 **43** CHILDREN IN THE U.S. ARE DIAGNOSED WITH CANCER EVERY DAY.

SCAN FOR MORE INFO:



1

**Wash hands for 20 sec
with soap and water**



2

**Use a separate cutting
board and knife for
raw foods**



Department of Public Health

**FOOD SAFETY
EDUCATION
MONTH**



4

**Keep raw meats and eggs
separate from all other foods in
the refrigerator**



3

**Make sure all foods are
cooked thoroughly
before serving**

September is **Healthy** **Aging** Month



Tips For Healthy Aging

Get Physical. Being physical is an part of healthy aging. Try exercising for 30 mins a day.

Eat a Well Balanced Diet. Healthy eating is essential because it allows seniors to maintain an ideal weight.

Rest. Getting the required hours of sleep is essential, and taking different periods of rest is also critical for maintaining your body and mind.



(AFib)

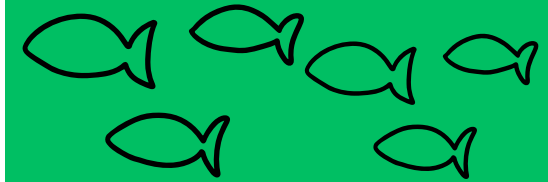
**Feels
Like...**



Drums
POUNDING
In Your Chest



Thunder
RUMBLING
In Your Chest



Fishes
FLOPPING
In Your Chest

September is National
Atrial Fibrillation
Awareness month



**ADOPT HEALTHY
EATING PATTERNS**

STAY ACTIVE

GOOD SLEEP

NATIONAL CHILDHOOD OBESITY AWARENESS MONTH



National Cholesterol Education Month

SEPTEMBER

#Health

#Cholesterol

#Wellness

Immune Thrombocytopenia

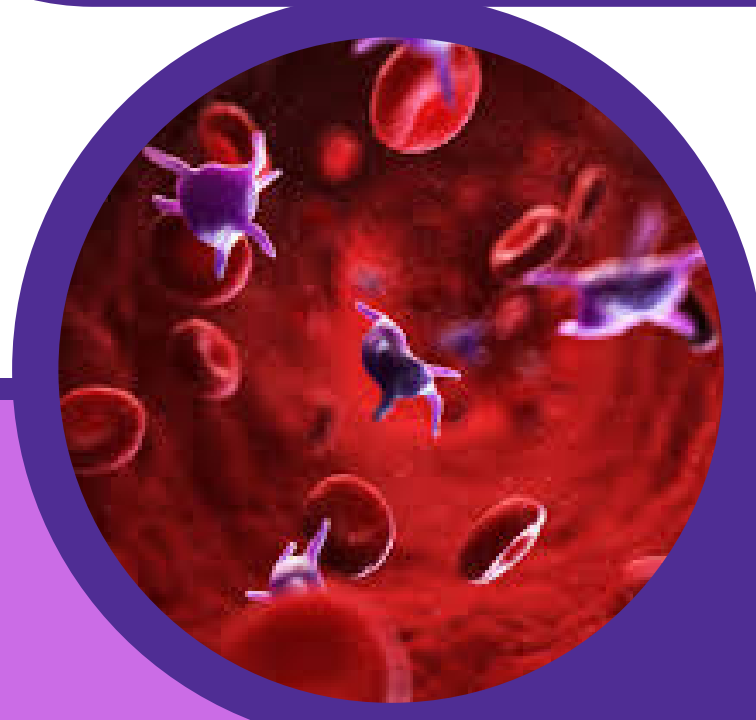
Mayo Clinic states ITP is caused by the body's immune system destroying healthy platelets that leads to easy or excessive bruising or bleeding.

An estimated 50,000 people in the U.S. are currently living with ITP



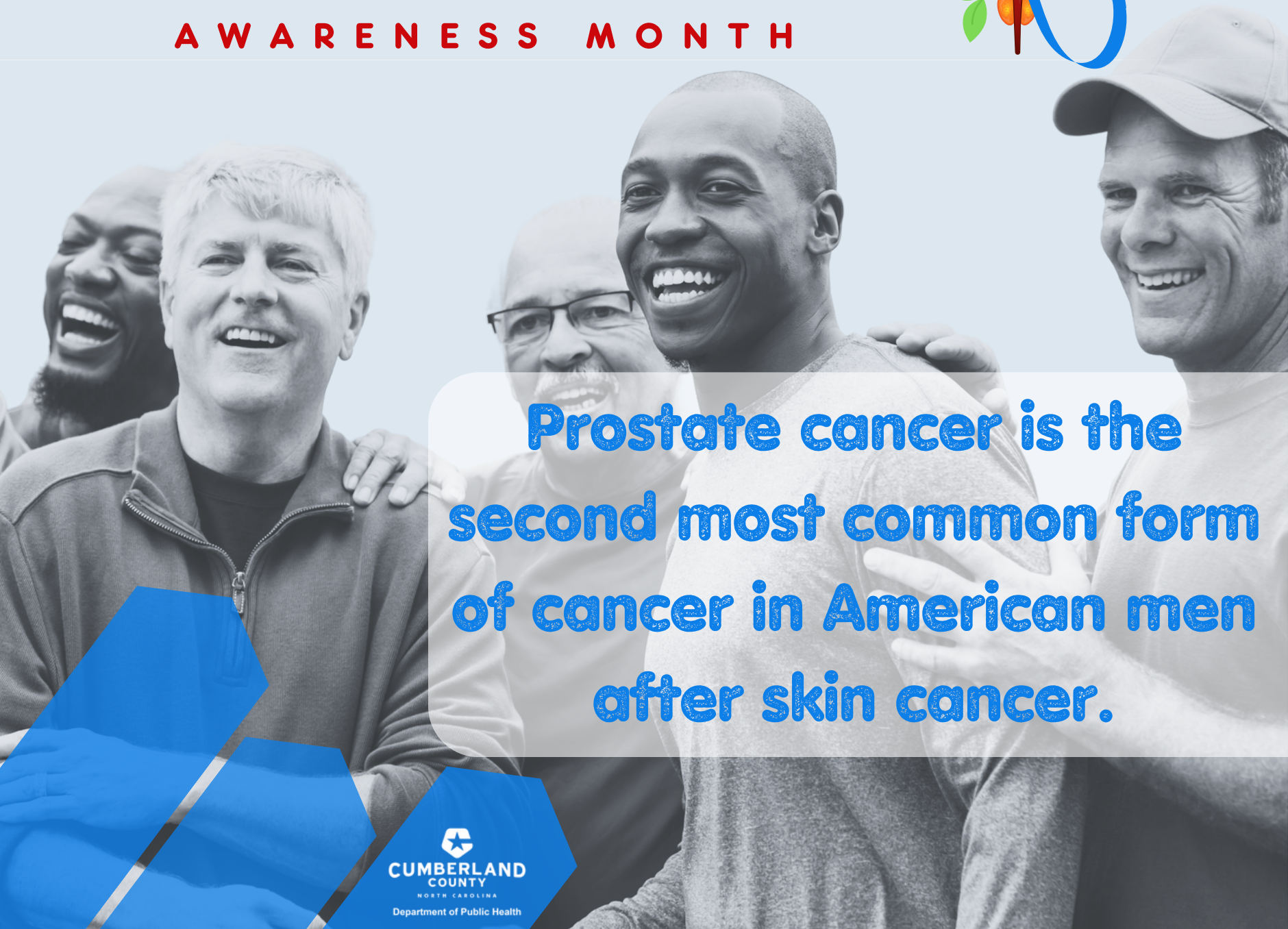
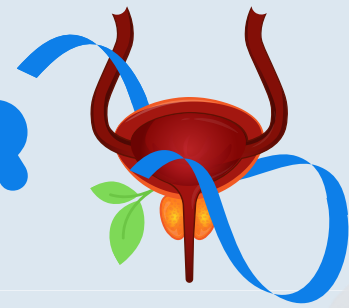
ITP Awareness Month

 *Got Platelets?*



SEPTEMBER 2023 PROSTATE CANCER

A W A R E N E S S M O N T H



Prostate cancer is the
second most common form
of cancer in American men
after skin cancer.



CUMBERLAND
COUNTY

NORTH CAROLINA

Department of Public Health

Every Person

• Every Family

• Every Community

Promote and support
new evidence-based
treatment and
recovery practices.



SAMHSA

**Substance Abuse and Mental
Health Services Administration**

NATIONAL RECOVERY MONTH



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**Newborn Screening
Awareness Month**

**Newborn screenings
tests look for serious
developmental,
genetic, and metabolic
disorders that would
not otherwise be
detected in a newborn
baby.**



#babysfirsttest

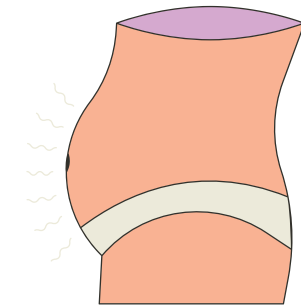
*Newborn screening identify rare conditions
in approximately 12,500 infants a year.*



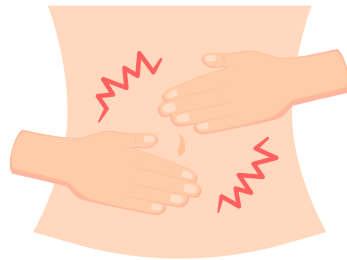
OVARIAN CANCER SYMPTOMS



**FREQUENT
URINATION**



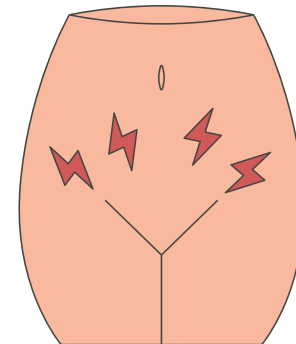
**STOMACH
BLOATING**



**UPSET
STOMACH**



**FEELING FULL
QUICKLY**



**PELVIC
PAIN**



**CUMBERLAND
COUNTY**
NORTH CAROLINA

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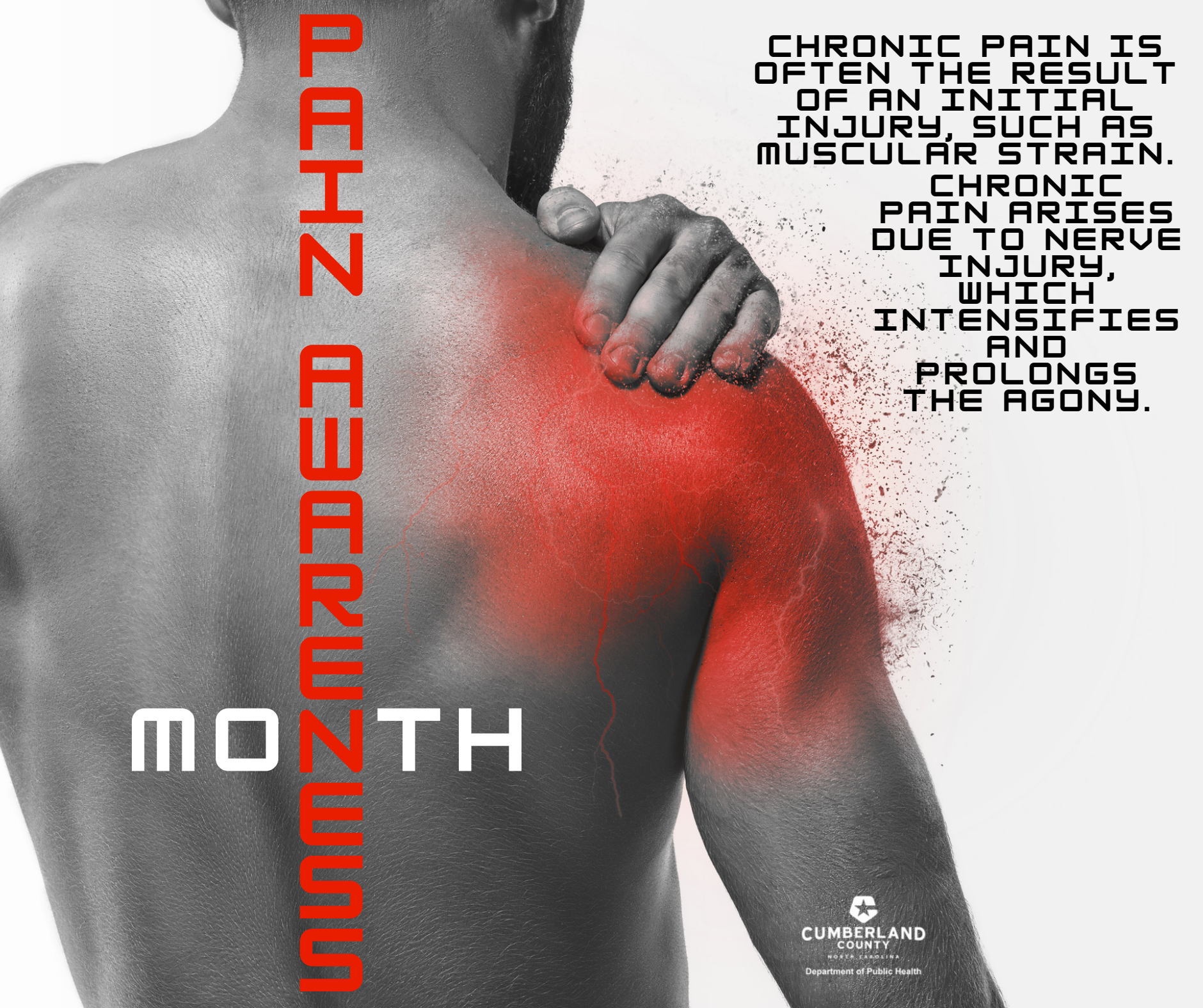
OVARIAN CANCER AWARENESS MONTH

YOGA HELPS US
KNOW
OURSELVES
BETTER AND
HELPS US BE IN
CONTROL OF OUR
EMOTIONS.
HENCE, YOGA
HELPS US
IMPROVE OUR
SELF-
UNDERSTANDING
AND AWARENESS.



SEPTEMBER

NATIONAL YOGA AWARENESS MONTH



CHRONIC PAIN IS
OFTEN THE RESULT
OF AN INITIAL
INJURY, SUCH AS
MUSCULAR STRAIN.

CHRONIC
PAIN ARISES
DUE TO NERVE
INJURY,
WHICH
INTENSIFIES
AND
PROLONGS
THE AGONY.

MONTH

BABY SAFETY MONTH

EVEN IF YOU HAVE THE BEST PARENTING INSTINCTS ON EARTH, CARING FOR A NEW LIFE THAT DEPENDS ENTIRELY UPON YOU IS NOT AN EASY FEAT.

THE BEST INTENTIONS CAN'T STAND UP TO IGNORANCE, SO PARENTS SHOULD USE BABY SAFETY MONTH AS AN OPPORTUNITY TO EDUCATE THEMSELVES ON THE PRODUCTS THEY PURCHASE.

GREATER AWARENESS OF THE RISKS IN YOUR HOME AND LIFE CAN ONLY LEAD TO A SAFER AND HEALTHIER LIFE FOR YOUR CHILD.