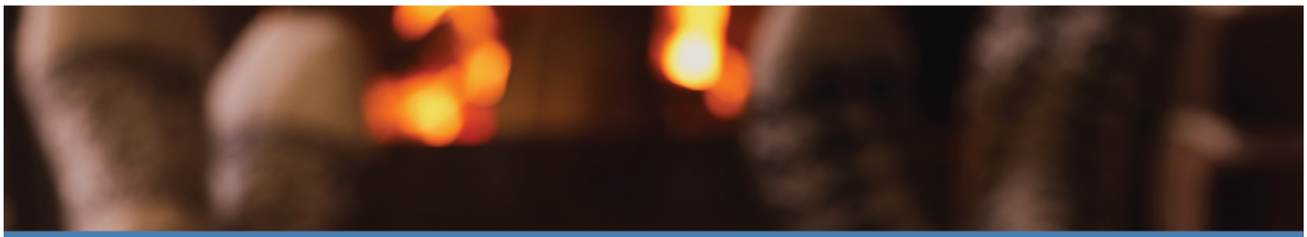

JANUARY 2022

National Birth Defects Prevention Month

About 1 out of every 33 babies in the United States is born with a birth defect. These can be minor or severe, ranging from structural (e.g., cleft lip or spina bifida) to functional and developmental (e.g., Down syndrome or cystic fibrosis).

January is National Birth Defects Prevention Month. While not all birth defects can be prevented, there are some ways to increase your chances of having a baby not affected by congenital conditions or disabilities. It comes down to being your healthiest self both before and during pregnancy. Keep in mind that whatever's best for you is best for the baby. The Centers for Disease Control and Prevention recommends that you see your health care provider regularly and start prenatal care as soon as you think you may be pregnant.

Contact us to learn more about establishing a healthy lifestyle before and during pregnancy.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cervical Health Awareness Month National Birth Defects Prevention Month National Glaucoma Awareness Month National Radon Action Month Thyroid Awareness Month						
						1 New Year's Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Martin Luther King Day	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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FEBRUARY 2022

American Heart Month

In the United States, 1 in 4 deaths results from heart disease, making it the leading cause of death in the country. Additionally, half of Americans are at risk for heart disease, and that statistic continues to rise. Some types of heart disease include arrhythmias, heart failure, heart attacks and strokes.

February is American Heart Month, so it's important to understand that while heart disease can be deadly, it's also preventable in most people. Risk factors include high blood pressure, high cholesterol, smoking, obesity and physical inactivity. As such, diet and exercise are the best ways to reduce your risk of heart complications.

Contact us for more information about heart health and early warning signs.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AMD/Low Vision Awareness Month American Heart Month International Prenatal Infection Prevention Month National Children's Dental Health Month Teen Dating Violence Awareness Month						
		1 Chinese New Year	2	3	4	5
6	7	8	9	10	11	12
13	14 Valentine's Day	15	16	17	18	19
20	21 Presidents Day	22	23	24	25	26
27	28					

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MARCH 2022

National Kidney Month

Thirty-three percent of U.S. adults are at risk for kidney disease, but most don't even know it. There are numerous physical signs of kidney disease, but most people attribute them to other conditions. It's even more critical to understand your kidney health during the pandemic, as kidney disease also puts you at an increased risk of developing life-threatening complications from COVID-19.

March is National Kidney Month, making it a great time to take charge of your health to lower your chances of developing kidney disease. Your kidneys filter your blood to remove waste and extra water to create urine. They also make vital hormones that produce red blood cells, promote bone health and regulate your blood pressure. Kidney tests are the best way to determine how well your kidneys work if you're at risk for disease.

Contact us for more information about kidney health and warning signs.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Bleeding Disorders Awareness Month National Colorectal Cancer Awareness Month National Endometriosis Month National Kidney Month				National Nutrition Month National Problem Gambling Awareness Month Save Your Vision Month Trisomy Awareness Month		
		1 Mardi Gras Begins	2	3	4	5
6	7	8	9	10	11	12
13 Daylight Saving Time Starts	14	15	16	17 St. Patrick's Day	18	19
20 Spring Equinox	21	22	23	24	25	26
27	28	29	30	31		

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APRIL 2022

National Autism Awareness Month

Autism spectrum disorder (ASD)—or autism—is a broad term used to describe a group of neurodevelopmental conditions typically characterized by differences in communication and social interaction.

April is National Autism Awareness Month and aims to help you learn more about the fastest-growing developmental disorder in the United States. According to the Centers for Disease Control and Prevention, 1 in 54 children has autism and more than 5 million young people and adults have been diagnosed with ASD. Today, autism is usually diagnosed in early childhood, explaining why autism rates in children are generally higher than those in adults. There isn't a cure for autism, as it's a lifelong condition. Still, an early diagnosis can improve the quality of life for those with autism and positively impact their careers and relationships.

Contact us for more information about autism and how to support the community across the spectrum.

Alcohol Awareness Month
Irritable Bowel Syndrome Awareness Month
National Autism Awareness Month
National Child Abuse Prevention Month
National Distracted Driving Awareness Month

National Donate Life Month
National Facial Protection Month
National Minority Health Month
Occupational Therapy Month
Oral Cancer Awareness Month

Sexual Assault Awareness and Prevention Month
Sexual Assault Awareness Month of Action
Sports Eye Safety Awareness Month
Sexually Transmitted Diseases Awareness Month
Testicular Cancer Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 April Fools' Day	2 Ramadan Begins
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17 Easter	18	19	20	21	22 Earth Day	23
24	25	26	27	28	29	30

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MAY 2022

Mental Health Awareness Month

An individual's mental health—how one thinks, feels and acts—can change over time due to factors like workload, stress and work-life balance. With 1 in 5 American adults experiencing mental illness each year, it is apparent that mental health matters.

May is Mental Health Awareness Month, but prioritizing mental health is essential year-round—especially during the pandemic. In fact, mental health in the United States continues to worsen as the pandemic persists. Feelings of loneliness and isolation contribute to increased anxiety, depression and suicidal ideation, especially among youth and young adults. Although record levels of anxiety and depression are being reported, the mental burden of the pandemic has fortunately enabled more transparency and empathy around mental health.

Contact us for additional mental health resources.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Arthritis Awareness Month Better Hearing and Speech Month Food Allergy Action Month Global Employee Health and Fitness Month Global Youth Traffic Safety Month			Healthy Vision Month Hepatitis Awareness Month International Mediterranean Diet Month Skin Cancer Awareness Month Mental Health Month		National Asthma and Allergy Awareness Month National Osteoporosis Month American Stroke Month National Teen Pregnancy Prevention Month Preeclampsia Awareness Month	
1	2	3	4	5 Cinco de Mayo	6	7
8 Mother's Day	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 Memorial Day	31				

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JUNE 2022

Alzheimer’s and Brain Awareness Month

Alzheimer’s disease is a type of dementia that affects memory, thinking and behavior. Symptoms may eventually grow severe enough to interfere with daily tasks. It’s important to understand that Alzheimer’s is a brain disease—it’s not a normal part of aging.

June is Alzheimer’s and Brain Awareness Month, a time meant to reinforce that your brain is a vital organ. It manages your ability to communicate, make decisions and live a full, independent life. There is currently no cure for Alzheimer’s, but there are some ways to support brain health. Lifestyle habits like exercising regularly, eating a healthy diet, avoiding alcohol and tobacco, sleeping enough, and challenging your mind through learning or games can help reduce the risk of cognitive decline.

Contact us to learn more about Alzheimer’s and other dementias.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Fireworks Safety Month Alzheimer's & Brain Awareness Month Cataract Awareness Month Men's Health Month Myasthenia Gravis Awareness Month			National Aphasia Awareness Month National Congenital Cytomegalovirus Awareness Month National Safety Month National Scleroderma Awareness Month		
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 Flag Day	15	16	17	18
19 Juneteenth Father's Day	20	21 Summer Solstice	22	23	24	25
26	27	28	29	30		

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JULY 2022

UV Safety Awareness Month

Summertime is here! Now's the time you can get outside, enjoy nice weather and soak up some sun. But, like with any good thing, too much sunshine can actually hurt your body. That's because the sun's ultraviolet (UV) rays contain radiation that can lead to serious health issues, including cancer.

July is UV Safety Awareness Month, making it the perfect time to learn how to protect yourself from UV exposure. According to the American Academy of Dermatology, here's what you can do to stay safe while appreciating the outdoors:

- Find shade when you need it.
- Wear clothing that protects against direct sunlight (e.g., a wide-brimmed hat).
- Use water-resistant sunscreen with a sun protection factor (SPF) of at least 30.

Speak with us to learn more about the risks of UV exposure and how you can best protect yourself.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cord Blood Awareness Month International Group B Strep Awareness Month Juvenile Arthritis Awareness Month National Cleft & Craniofacial Awareness & Prevention Month						
					1	2
3	4 Independence Day	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

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AUGUST 2022

National Immunization Awareness Month

Vaccines are modern miracles, saving countless lives each year. This was especially apparent during the height of the COVID-19 pandemic last year. But immunizations can help protect against many other diseases, too.

August is National Immunization Awareness Month. That makes now the perfect time to learn more about the importance of vaccines. In fact, vaccinations are so vital that the Centers for Disease Control and Prevention (CDC) offers immunization schedules to help parents understand when to vaccinate their children. This is because delaying critical vaccinations can lead to serious health risks not only for the unvaccinated but also for those they come into contact with, such as immunocompromised individuals.

Reach out to us for more information regarding the importance of immunizations.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Children's Eye Health and Safety Month Gastroparesis Awareness Month National Breastfeeding Month National Immunization Awareness Month Psoriasis Awareness Month						
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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SEPTEMBER 2022

Prostate Cancer Awareness Month

Prostate cancer is a serious disease that affects nearly 13 out of every 100 American men. September is Prostate Cancer Awareness Month. As such, take the time to learn about the risks and symptoms of this deadly condition.

Ignoring prostate health can lead to even greater health complications. That's because age is the most common risk factor when it comes to prostate cancer. In other words, the older you are, the higher your chances of developing the disease. Beyond age, other risk factors include race and family history.

So, if you're a man over the age of 55, consider speaking with your doctor about your risk of developing prostate cancer. Be on the lookout for symptoms such as urination trouble, bloody urine, frequent urination or pain in the pelvis region that doesn't go away. Even younger men can consider looking into prostate exams, especially if they have a family history of cancer. The sooner prostate cancer is caught, the more treatable it is.

Reach out to us for more health and wellness resources.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Childhood Cancer Awareness Month Healthy Aging Month National Atrial Fibrillation Awareness Month National Childhood Obesity Awareness Month National Food Safety Education Month National ITP Awareness Month			National Head Lice Prevention Month National Preparedness Month National Recovery Month National Sickle Cell Month National Yoga Awareness Month Newborn Screening Awareness Month Ovarian Cancer Awareness Month		Pain Awareness Month Prostate Cancer Awareness Month Sepsis Awareness Month Sexual Health Awareness Month Whole Grains Month World Alzheimer's Month	
				1	2	3
4	5 Labor Day	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22 Autumnal Equinox	23	24
25	26	27	28	29	30	

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OCTOBER 2022

Breast Cancer Awareness Month

Breast cancer is the second most common type of cancer among American women, behind skin cancer. In fact, nearly 1 in 8 women will develop breast cancer during their lives—the disease can also affect men, although it's considered rare.

October is Breast Cancer Awareness Month, meaning now is when you should learn about this serious disease, its risk factors and symptoms. While most breast cancer cases are found among women ages 50 and older, the disease can develop sooner. Risk factors for breast cancer include age, family history and prior radiation therapy treatment. Symptoms of breast cancer include changes in breast sizes or shapes, breast pain and breast lumps.

Note, these lists are nonexhaustive. Your doctor will be able to tell you more about risk factors and ways to detect breast cancer, including how to conduct a breast self-exam. Your doctor can also tell you whether routine breast cancer screenings are right for you.

Reach out to us today for more health and wellness resources.

Domestic Violence Awareness Month
Eye Injury Prevention Month
Health Literacy Month
National Breast Cancer Awareness Month
National Bullying Prevention Month

National Dental Hygiene Month
National Down Syndrome Awareness Month
National Physical Therapy Month
Sudden Cardiac Arrest Awareness Month
Sudden Infant Death Syndrome (SIDS) Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10 Columbus Day Indigenous Peoples' Day	11	12	13	14	15
16	17	18	19	20	21	22
23	24 Diwali	25	26	27	28	29
30	31 Halloween					

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NOVEMBER 2022

American Diabetes Month

Diabetes comes in two forms: Type 1 and Type 2. While Type 2 diabetes is far more common, both can be deadly, as they affect the body's insulin production. Over 34 million U.S. adults have some form of diabetes, and 1 in 5 don't even know it, according to the Centers for Disease Control and Prevention. November is American Diabetes Month, so take the time now to learn more about this serious disease.

To help maintain your health, it's important to first understand diabetes risk factors and symptoms. Unfortunately, little is known about why people develop diabetes. For Type 1 diabetes, health experts believe family history and age may play a role. For Type 2 diabetes, the risk factors are a bit clearer and include being overweight, not exercising and having a family history of diabetes.

Reach out to us for wellness resources that can help you achieve your health goals and maintain your overall well-being.

American Diabetes Month
Bladder Health Month
COPD Awareness Month
Diabetic Eye Disease Month
Lung Cancer Awareness Month

National Alzheimer's Disease Awareness Month
National Family Caregivers Month
National Healthy Skin Month
National Hospice and Palliative Care Month
Stomach Cancer Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6 Daylight Saving Time Ends	7	8	9	10	11 Veterans Day	12
13	14	15	16	17	18	19
20	21	22	23	24 Thanksgiving	25	26
27	28	29	30			

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DECEMBER 2022

National Safe Toys and Gifts Month

The holidays are upon us! Now is the time to gather with loved ones, eat comfort food and share thoughtful gifts. Unfortunately, sometimes even the most well-intentioned gifts can come with unforeseen risks. December is National Safe Toys and Gifts Month, making it the ideal time to really think about a gift before you give it.

Here are some general tips for selecting appropriate gifts:

- Check toy labels to see what age ranges they're intended for and follow those guidelines.
- Avoid toys with small parts that can be swallowed or projectiles that have the potential to injure or cause blindness.
- Consider avoiding toys with ropes or long elements that can cause choking.
- Ensure any art supplies given say "nontoxic" on the packaging.

Reach out to us today for more well-being and lifestyle resources.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			National Safe Toys and Gifts Month			
				1 World AIDS Day	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18 Hanukkah Begins	19	20	21 Winter Solstice	22	23	24 Christmas Eve
25 Christmas Day	26 Christmas Day Observed	27	28	29	30	31 New Year's Eve

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