

JANUARY 2021

Thyroid Awareness Month

The thyroid may just be a small gland in the neck, but it produces hormones for many of your body's vital organs, including your heart, brain, liver and skin. Thyroid disease can happen when too much or too little of these hormones are produced, forcing your body's functions to speed up or slow down. Thyroid disease can lead to serious negative effects, including weight gain, feelings of anxiety and swelling in the neck.

Thankfully, there are many tests and treatments to determine if you have a thyroid condition. Contact your doctor about a thyroid evaluation if you've experienced any pain in your neck while swallowing or noticed any swelling or protrusions near your collarbone. For more information, please visit www.thyroidawareness.com.

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

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FEBRUARY 2021

American Heart Month

Your heart is one of the hardest-working muscles in your body, but all that work can take a toll. Not treating your body right can quickly lead to serious heart issues, like heart disease. In fact, heart disease is one of the leading killers in the United States, accounting for 1 in 4 deaths annually.

Luckily, it doesn't take much to help your ticker. You can prevent heart disease by making healthy choices like eating balanced meals, exercising, quitting smoking and visiting your doctor regularly. As a precaution, you should also know the signs of a heart attack, which include:

- Chest or upper-body discomfort
- Shortness of breath
- Nausea or cold sweats

Speak with your doctor to discuss a heart-healthy regimen for you. For more information, visit www.heart.org.

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	2	3	4	5	6
7 TAKE ACTION Week 2	8	9	10	11	12	13
14 Valentine's Day TAKE ACTION Week 3	15 Presidents Day	16 Mardi Gras Begins	17	18	19	20
21 TAKE ACTION Week 4	22	23	24	25	26	27
28 TAKE ACTION Week 1						

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MARCH 2021

Colorectal Cancer Awareness Month

Colorectal cancer can affect everyone, regardless of race, age or gender. It's one of the leading causes of death in the United States, and it's especially dangerous for those ages 50 and older. Luckily, regular screenings can help prevent the majority of cases. The problem is that many people don't get screened or don't know what to look for.

Symptoms of colorectal cancer include a change in bowel habits, such as frequent diarrhea and constipation, continuing abdominal cramps, bloating and gas, and rectal bleeding found in stool. If you notice any of these symptoms, it's important to be screened right away.

Speak with your doctor about receiving regular screenings, especially if you're over the age of 50. Visit www.ccalliance.org for more information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Bleeding Disorders Awareness Month National Cheerleader Safety Month National Colorectal Cancer Awareness Month National Endometriosis Month National Kidney Month				National Nutrition Month Problem Gambling Awareness Month Save Your Vision Month Trisomy Awareness Month Workplace Eye Wellness Month	
	1	2	3	4	5	6
7 TAKE ACTION Week 2	8	9	10	11	12	13
14 Daylight Saving Time (Start) TAKE ACTION Week 3	15	16	17 St. Patrick's Day	18	19	20
21 TAKE ACTION Week 4	22	23	24	25	26	27
28 TAKE ACTION Week 5	29	30	31			

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APRIL 2021

Alcohol Awareness Month

Consuming too much of anything is bad for you, but alcohol is among the worst. Over-indulging in alcohol increases your risk for injuries, disease and even some types of cancer. That's why it's so important to practice responsible drinking habits.

With this in mind, consider the following tips:

- Set a reasonable drinking limit for yourself when enjoying a night out, and encourage friends to do the same.
- Talk to your doctor about your drinking habits, and discuss potential long-term effects.
- Always have a designated driver or a plan for safely traveling when out drinking (e.g., taxi).
- Know your limits and don't exceed them.

Practicing responsible drinking now will help you keep the good times rolling years down the road. Visit www.samhsa.gov to learn more about substance dependency and where to find help limiting your alcohol consumption.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p> 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 </p> <p> National Facial Protection Month National Minority Health Month Occupational Therapy Month Oral Cancer Awareness Month Sexual Assault Awareness and Prevention Month </p> <p> Sexual Assault Awareness Month of Action Sports Eye Safety Awareness Month Sexually Transmitted Infections Awareness Month Testicular Cancer Awareness Month Women's Eye Health and Safety Month </p>						
				1 April Fools' Day	2	3
4 Easter TAKE ACTION Week 1	5	6	7	8	9	10
11 TAKE ACTION Week 2	12 Ramadan Begins	13	14	15	16	17
18 TAKE ACTION Week 3	19	20	21	22	23	24
25 TAKE ACTION Week 4	26	27	28	29	30	

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MAY 2021

Skin Cancer Prevention Month

Do you know what your largest organ is? No, it's not your intestines or your lungs. Believe it or not, it's actually your skin. Despite this, many people forget about their skin when it comes to personal maintenance.

Perhaps it's not surprising, then, that skin cancer is the most common type of cancer in the United States, affecting 1 in 5 Americans. The good news is that it's also very curable. In fact, skin cancer can almost always be cured when found and treated early. That's why taking preventive measures is so important.

Speak with your doctor or dermatologist about a skin care regimen that's right for you. Simply applying sunscreen daily may be enough to reduce your risk. For more information about skin health, visit www.aad.org.

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 Melanoma/Skin Cancer Detection and Prevention Month Mental Health Month National Asthma and Allergy Awareness Month		National Osteoporosis Month National Physical Fitness and Sports Month National Stroke Awareness Month National Teen Pregnancy Prevention Month Preeclampsia Awareness Month Ultraviolet Awareness Month		
						1
2 TAKE ACTION Week 1	3	4	5 Cinco de Mayo	6	7	8
9 TAKE ACTION Week 2 Mother's Day	10	11	12	13	14	15
16 TAKE ACTION Week 3	17	18	19	20	21	22
23 TAKE ACTION Week 4	24	25	26	27	28	29
30 TAKE ACTION Week 1	31 Memorial Day					

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JUNE 2021

Alzheimer's and Brain Awareness Month

Alzheimer's is a form of dementia that progressively erodes memory and creates behavioral problems. It currently affects an estimated 5.5 million people, with the vast majority being age 65 or older. However, the true number of undiagnosed cases is unknown. Sadly, there is no known cure for this disease, but there are organizations dedicated to finding one.

With that goal in mind, the Alzheimer's Association raises awareness and funds to help research the disease, and care for and support those affected by it. If you or a loved one are living with signs of Alzheimer's, or if you're interested in finding ways to spread awareness, visit www.alz.org for caregiving resources and information.

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 TAKE ACTION Week 2	7	8	9	10	11	12
13 TAKE ACTION Week 3	14 Flag Day	15	16	17	18	19 Juneteenth
20 TAKE ACTION Week 4 Father's Day	21	22	23	24	25	26
27 TAKE ACTION Week 5	28	29	30			

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JULY 2021

National Cord Blood Awareness Month

The blood collected inside the umbilical cord after delivering a healthy baby is called cord blood. This leftover blood is rich with valuable stem cells, which can help in a variety of applications. July is National Cord Blood Awareness Month, meaning now is the time to learn about this critical resource.

After a healthy birth, mothers have the option of donating their cord blood to a public bank or keeping it for their family in a private one. When donated, this blood can help treat people with rare diseases and disorders. Due to its unique composition, there is no alternative to cord blood. Mothers are encouraged to learn more about cord blood donation and its potentially life-saving properties.

If you're an expectant mother in her third trimester, speak with your doctor about the benefits of banking cord blood, either for your family or for someone in need—doing so could help save a life. Visit

www.parentsguidecordblood.org for more information.

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 TAKE ACTION Week 1	5 Independence Day Observed	6	7	8	9	10
11 TAKE ACTION Week 2	12	13	14	15	16	17
18 TAKE ACTION Week 3	19	20	21	22	23	24
25 TAKE ACTION Week 4	26	27	28	29	30	31

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AUGUST 2021

National Immunization Awareness Month

Vaccines protect against deadly diseases like tuberculosis, measles and the flu. Unfortunately, not everyone can receive the protection of a vaccine (like individuals with compromised immune systems), which makes it even more critical to receive vaccinations if you can. The more people with vaccinations, the harder it is for illnesses to spread.

A vaccination encourages your body to produce antibodies—special agents of the immune system that attack harmful elements, like viruses. These antibodies quickly learn how to fight off a particular disease, like the flu, which can be invaluable if you're ever exposed to it.

The Centers for Disease Control and Prevention provides a recommended vaccination schedule for infants and children up to age 6, and a separate one for preteens and teens ages 7-18. If you or your child misses a vaccination, ask your doctor about a catch-up schedule.

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

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SEPTEMBER 2021

National Childhood Obesity Awareness Month

Nearly 20% of American youth (13.7 million children) between the ages of 2 and 19 are considered obese, according to the Centers for Disease Control and Prevention. As a result, public health officials have declared childhood obesity a national epidemic.

That's because overweight children are at a much greater risk for health problems now and in the future than children who are within a healthy weight range. And pretending the issue doesn't exist only hurts children more. In fact, the longer a child remains overweight, the greater their risk for developing serious long-term health problems, such as Type 2 diabetes, high blood pressure and high cholesterol.

Fortunately, childhood obesity can be prevented and reduced through healthy eating and regular physical activity. Prevention is easier and more effective when parents promote healthy eating and exercise habits at an early age, and incorporate them into their family's lifestyle. For more information, visit www.cdc.gov/chronicdisease.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Childhood Cancer Awareness Month Fruits & Veggies—More Matters Month Healthy Aging Month National Atrial Fibrillation Awareness Month National Childhood Obesity Awareness Month National Food Safety Education Month National ITP Awareness Month		National Pediculosis Prevention Month/Head Lice Prevention Month	National Preparedness Month National Recovery Month National Sickle Cell Month National Traumatic Brain Injury Awareness 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 TAKE ACTION Week 2	6 Labor Day	7	8	9	10	11
12 TAKE ACTION Week 3	13	14	15	16	17	18
19 TAKE ACTION Week 4	20	21	22	23	24	25
26 TAKE ACTION Week 5	27	28	29	30		

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OCTOBER 2021

National Breast Cancer Awareness Month

Breast cancer is a disease in which malignant cells form in the tissues of the breast. Research estimates that 1 in 8 women will be diagnosed with invasive breast cancer during her life. Men are at a lesser risk, making up only 1% of breast cancer patients. While most people are aware of breast cancer, many forget to devise a plan to detect the disease in its early stages and encourage others to do the same.

If localized breast cancer is detected early, the five-year survival rate is 100%! That's why you should see your doctor regularly and conduct monthly breast exams so you can watch for symptoms that include:

- Nipple tenderness, or a lump or thickening in or near the breast or underarm area
- A change in the skin texture or an enlargement of pores in the skin of the breast (Some describe this as similar to an orange peel's texture.)
- A lump in the breast

Though there is no way to fully prevent breast cancer, there are ways to lower your risk. Speak with your doctor and visit www.breastcancer.org to learn more.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Domestic Violence Awareness Month Eye Injury Prevention Month Health Literacy Month Home Eye Safety Month International Walk to School Month National Breast Cancer Awareness Month				National Bullying Prevention Month National Dental Hygiene Month National Down Syndrome Awareness Month National Medical Librarians Month National Physical Therapy Month Sudden Cardiac Arrest Awareness Month Sudden Infant Death Syndrome (SIDS) Awareness Month	
					1	2
3 TAKE ACTION Week 1	4	5	6	7	8	9
10 TAKE ACTION Week 2	11 Columbus Day	12	13	14	15	16
17 TAKE ACTION Week 3	18	19	20	21	22	23
24 TAKE ACTION Week 4	25	26	27	28	29	30
31 Halloween TAKE ACTION Week 1						

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NOVEMBER 2021

American Diabetes Month

More than 34 million people in the United States have diabetes—95% have Type 2 diabetes, while the remaining 5% have Type 1. Both types of diabetes center around the inability to control one’s blood sugar. American Diabetes Month is intended to raise awareness about this serious disease.

While you can’t prevent Type 1 diabetes, Type 2 diabetes is largely preventable. Making the following six lifestyle changes can greatly reduce your risk of developing the disease:

1. Manage your weight.
2. Increase your activity level.
3. Talk with your doctor about your risks.
4. Monitor your carbohydrate intake.
5. Maintain a healthy diet.
6. Choose whole grains.

Visit www.diabetes.org to learn more.

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

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DECEMBER 2021

Safe Toys and Celebrations Month

You should always consider the age of whomever you are giving a present. For instance, you should avoid toys with small parts when buying for a toddler, and ensure the subject matter of the gift is age-appropriate. However, some toys may still be harmful despite being marketed as appropriate for the recipient's age.

The American Academy of Ophthalmology stresses that projectile toys, especially, have the potential for scraping eyes and even causing cataracts, despite typically being sold as gifts for children ages 15 and younger. The organization acknowledges other dangers inherent with seasonal gift giving and recommends the following precautions:

- Avoid toys with sharp or protruding parts.
- Keep toys for older children away from younger siblings.
- Check toy labels for age and play recommendations.
- Make sure children are supervised when playing.

Visit www.aaio.org to learn more.

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

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