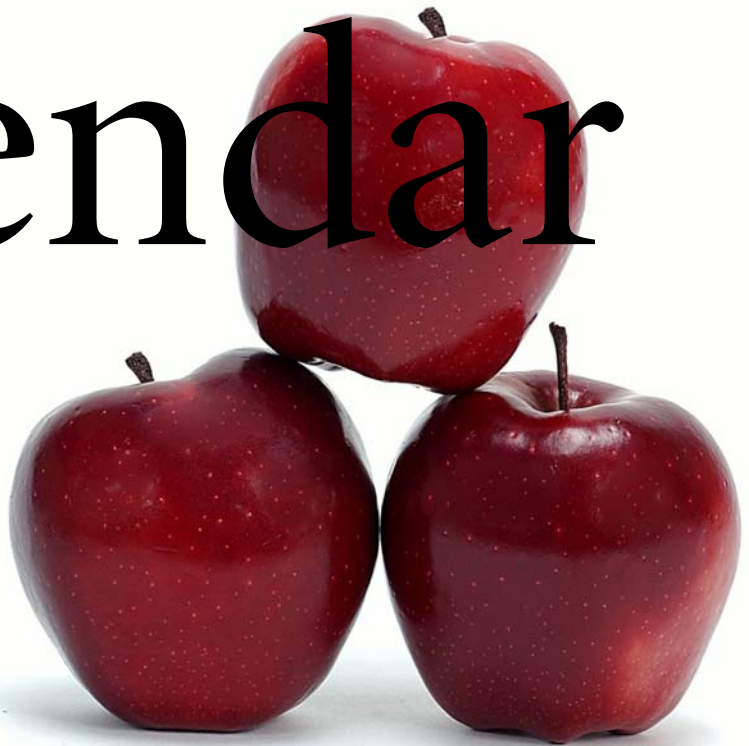


2010 Health Calendar



Willis

January 2010

National Blood Donor Month

www.aabb.org

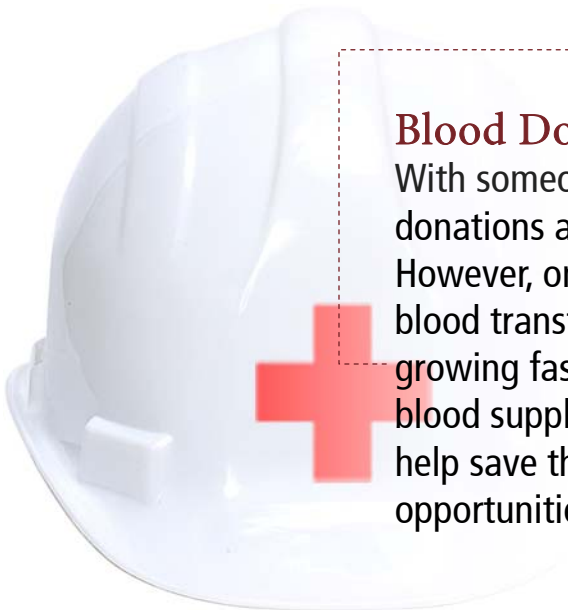
National Glaucoma Awareness Month

www.glaucoma.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Year's Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Martin Luther King, Jr. Day	19	20	21	22	23
24	25	26	27	28	29	30
31						

Blood Donor Month

With someone requiring blood every minute, more than 38,000 blood donations are needed every day, according to the American Red Cross. However, only 5% of eligible donors across the nation donate blood. With blood transfusion volume increasing yearly, the demand for blood is growing faster than donations. As blood cannot be manufactured, the blood supply can only be replenished by healthy donors. One donation can help save the lives of up to 3 people! To learn more about blood donation opportunities, visit www.givelife.org or call 1-800-GIVE-LIFE.



February 2010

Heart Health Month

www.americanheart.org

National Children's Dental Health Month

www.ada.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
		Groundhog Day				
7	8	9	10	11	12	13
14	15	16	17	18	19	20
Valentine's Day	President's Day	Mardi Gras	Ash Wednesday			
21	22	23	24	25	26	27
28						

Heart Health Month

The heart is one of the most vital organs of our body. As it beats every minute of every day, we depend on it to supply blood throughout our bodies. When the heart malfunctions, the whole body is put at risk. Heart disease is the number one cause of death in the United States. Keys to maintaining a healthy heart are regular exercise, balanced diet, weight control and healthy lifestyle habits. Take the American Heart Association's quiz to test your heart-health knowledge at www.americanheart.org.



March 2010

National Kidney Month

www.kidney.org

National Nutrition Month

www.eatright.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
Daylight Savings Time Begins			St. Patrick's Day			First Day of Spring
21	22	23	24	25	26	27
28	29	30	31			
Palm Sunday	Passover					

National Kidney Month

The kidney performs the vital function of removing waste from the body. Medical conditions such as diabetes and high blood pressure can affect the function of the kidneys, resulting in chronic kidney disease (CKD).

Approximately 26 million Americans have CKD, with many others not diagnosed, according to the National Kidney Foundation. Early detection and treatment is essential to avoid complete kidney failure. More information on the kidneys, symptoms of CKD and testing can be found at www.kidney.org/kidneyDisease.



April 2010

National Cancer Control Month

www.cancer.org

World Health Day—April 7

www.who.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				All Fool's Day	Good Friday	
4	5	6	7	8	9	10
Easter	Easter Monday					
11	12	13	14	15	16	17
18	19	20	21	22	23	24
				Earth Day		
25	26	27	28	29	30	

National Cancer Control Month

Cancer is the number two cause of U.S. mortalities, preceded only by heart disease. Tobacco use, physical inactivity, obesity and poor nutrition can precipitate cancer. Maintaining a healthy lifestyle with regular exercise, balanced diet, sun protection and appropriate screenings can reduce your cancer risk. The American Cancer Society provides detailed information and resources on the different types of cancer, treatment options as well as support groups at www.cancer.org.



May 2010

National Arthritis Month

www.arthritis.org

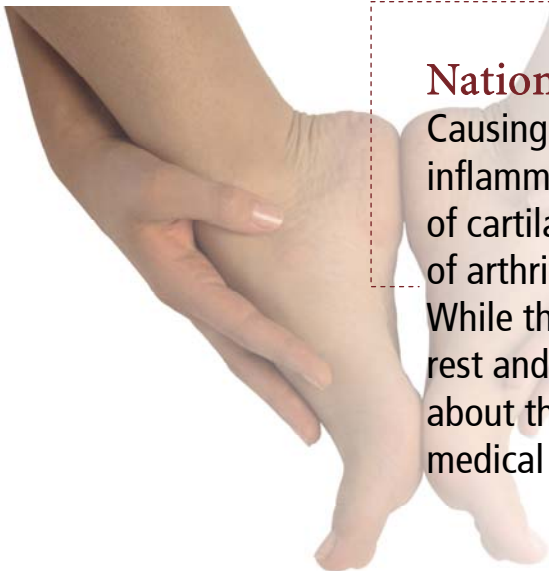
Better Sleep Month

www.bettersleep.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
			Cinco De Mayo			
9	10	11	12	13	14	15
Mother's Day			Nurses Day			Armed Forces Day
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 Memorial Day					

National Arthritis Month

Causing early morning stiffness, joint pain and swelling, arthritis is the inflammation of one or more joints in the body. Caused by the breakdown of cartilage that protects the joint, there are more than 100 different types of arthritis. About 37 million people in America have some form of arthritis. While there is no cure for it, arthritis can be relieved with regular exercise, rest and prescribed medications. Visit www.arthritis.org to find out more about the causes and treatments of arthritis and to get advice from medical professionals.



June 2010

National Scleroderma Month

www.scleroderma.org

National Great Outdoors Month

www.greatoutdoorsmonth.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 World Environment Day
6	7	8	9	10	11	12
13	14 Flag Day	15	16	17	18	19
20 Father's Day	21 First Day of Summer	22	23	24	25	26
27	28	29	30			



National Scleroderma Month

Scleroderma is a rare, chronic autoimmune disease affecting the skin and other organs. It results in the thickening and tightening of the skin, buildup of scar tissue and internal organ damage. Only 75,000 to 100,000 people in the U.S. are afflicted with scleroderma, mostly women between the ages of 30 and 50. Incurable, scleroderma can be treated with drug therapy as well as anti-fibrotic agents. The Scleroderma Foundation offers medical information, resources and online connections with support groups at www.scleroderma.org.

July 2010

Fireworks Safety Month

www.fireworksafety.com

UV Safety Month

www.preventblindness.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
Independence Day						
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
Parents' Day						



Fireworks Safety Month

Fireworks are fun but can be dangerous. The National Fire Protection Association estimates that local fire departments respond to more than 50,000 fires caused by fireworks each year. And nearly 10,000 people are treated in U.S. emergency rooms annually for fireworks-related injuries, 40% of them children under the age of 15. To reduce the risk of danger, always use fireworks outdoors and keep spectators a safe distance from the launching area. Never give sparklers to children under the age of 12. For a list of safety tips on fireworks, go to <http://fireworksafety.com>.

August 2010

Medic Alert Awareness Month

www.medicalert.org

Cataract Awareness Month

www.aao.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Friendship Day	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 Women's Equality Day	27	28
29	30	31				

Medic Alert Awareness Month

Have a special medical condition that others should know about in an emergency situation? Wearing a medic alert bracelet, dog tag or other ID instantly alerts emergency responders about medical conditions, allergies and medications, so that you receive faster, safer treatment. Information on medic products and assistance in selecting the right ID is available at: www.medicalert.org.



September 2010

National Cholesterol Awareness Month

www.americanheart.org

Fruit & Veggie Month

www.fruitsandveggiesmatter.gov

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 Labor Day	7	8 Rosh Hashanah	9	10	11
12	13	14	15	16	17	18 Yom Kippur
19	20	21	22	23 First Day of Autumn	24	25
26	27	28	29	30		



National Cholesterol Awareness Month

One in three Americans have moderate to high levels of blood cholesterol. A major cause of heart disease, cholesterol must be maintained at specific levels to ensure good health. High fat diets, sedentary lifestyle and smoking are all factors contributing to high cholesterol. Exercise and changing poor lifestyle habits can have a dramatic effect on cholesterol levels.

October 2010

National Dental Hygiene Month

www.adha.org

National Breast Cancer Awareness Month

www.nbcam.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Child Health Day	5	6	7	8	9
10	11 Columbus Day	12	13	14	15	16 National Boss' Day
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31 Halloween						



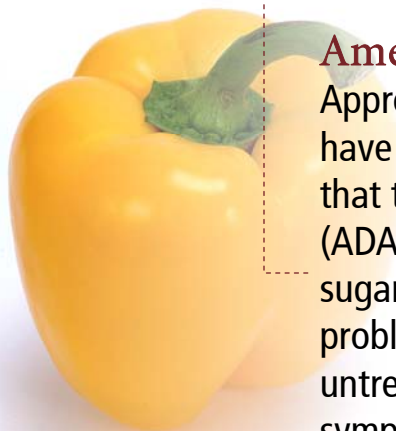
National Dental Hygiene Month

Dental care is important to good health and personal appearance. In addition to keeping our teeth and mouth in optimum condition, regular dental care helps reduce the risk of cavities and even illness caused by bacteria. While daily brushing and flossing is important, children and adults should visit the dentist about every six months. The American Dental Association addresses a variety of dental topics on its web site at: www.ada.org.

November 2010

American Diabetes Month
www.diabetes.org
National Health Skin Month
www.aad.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
Daylight Savings Time Ends				Veteran's Day		
14	15	16	17	18	19	20
21	22	23	24	25	26	27
				Thanksgiving		
28	29	30				



American Diabetes Month

Approximately 17.9 million children and adults in the United States have been diagnosed with diabetes. Another 5.7 million are unaware that they have it, according to the American Diabetes Association (ADA). A metabolic disorder characterized by abnormally high blood sugar resulting from low insulin levels, diabetes can cause major health problems such as kidney failure, blindness, and limb amputations, if untreated or ignored. Information on the different types of diabetes, symptoms and treatment are available on the ADA website at: www.diabetes.org.

December 2010

National Drunk and Drugged Driving Prevention Week

www.nhtsa.dot.gov

Safe Toys and Gifts Month

www.preventblindness.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 AIDS Awareness Day	2 Hanukkah Begins	3	4
5	6	7 National Pearl Harbor Remembrance Day	8	9	10 Human Rights Day	11
12	13	14	15	16	17	18
19	20	21 First Day of Winter	22	23	24	25 Christmas Day
26 Kwanzaa Begins	27	28	29	30	31 New Year's Eve	

National Drunk and Drugged Driving Prevention Week

Each day, 36 Americans die and about 700 more are injured in motor vehicle crashes involving an alcohol-impaired driver, according to the Centers for Disease Control and Prevention (CDCP). Over the holidays, statistics on impaired driving significantly rise, especially in December. Do your part in reducing these numbers by designating a non-impaired driver when going out or taking the keys from someone who shouldn't drive. Find out more about motor safety at the CDCP's web site at <http://www.cdc.gov/Motorvehiclesafety/index.html>.

