

# November

## Health Observances

Thank-You!  
TO THOSE  
That served!!  
**HAPPY VETERANS DAY!**



### National Alzheimer's Disease Awareness Month

More than 5 million Americans, two-thirds being women, are living with the disease.

Alzheimer's Association | 800.272.3900 | [ALZ.org](http://ALZ.org)

### American Diabetes Month Diabetic Eye Disease Month

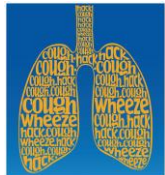
Nearly 30 million children and adults in the US have diabetes and another 86 million Americans have prediabetes and are at risk for developing type 2 diabetes.

American Diabetes Association | 800.342.2383 | [Diabetes.org](http://Diabetes.org)  
Friends for Sight | 800.675.LOOK | [FriendsForSight.org](http://FriendsForSight.org)

### National Stomach Cancer Awareness Month

Scientists have found several risk factors that make a person more likely to get stomach cancer. Some of these can be controlled, but others cannot. Help curb your risk.

American Cancer Society | 800.227.2345 | [Cancer.org](http://Cancer.org)



### COPD Awareness Month

While an estimated 15 million Americans suffer from COPD, several additional millions likely have COPD and don't even know it.

US Dept. of HHS, National Heart, Lung & Blood Institute | [nhlbi.nih.gov](http://nhlbi.nih.gov)

### Lung Cancer Awareness Month

Lung Cancer is the leading cancer killer for both men and women in the United States. Don't ignore the warning signs of Lung Disease.

American Lung Association | 800.LUNG.USA | [Lung.org](http://Lung.org)

### National Epilepsy Awareness Month

More people live with epilepsy than with autism spectrum disorders, Parkinson's disease, Multiple Sclerosis and cerebral palsy – combined.

Epilepsy Foundation | 800.332.1000 | [Epilepsy.com](http://Epilepsy.com)

### National Healthy Skin Month

Your skin is your body's largest organ, so it's important to take care of it.

American Academy of Dermatology | 866.503.SKIN | [AAD.org](http://AAD.org)

### Pancreatic Cancer Awareness Month

Pancreatic cancer is expected to become the 2nd leading cause of cancer-related death in the US by the year 2030.

Pancreatic Cancer Action Network | 877.272.6226 | [PanCan.org](http://PanCan.org)

### Bladder Health Awareness Month

Two common health problems affecting the bladder are urinary incontinence and overactive bladder. Speak with your provider today about your symptoms.

National Association For Continence | 1.800.BLADDER | [NAFC.org](http://NAFC.org)



### Great American Smokeout - November 17<sup>th</sup>

About 1 in 5 US adults smoke cigarettes. Excluding secondhand smoke, smoking is estimated to cause 32% of all cancer deaths in the US, including 83% of lung cancer deaths in men and 76% of lung cancer deaths in women.

American Cancer Society | 800.227.2345 | [Cancer.org](http://Cancer.org)

### Gastroesophageal Reflux Disease (GERD) Awareness Week (November 20<sup>th</sup> - 26<sup>th</sup>)

Over 18 million GERD diagnoses are made each year. If untreated, GERD can lead to serious complications.

IFFGD | 414.964.1799 | [AboutGERD.org](http://AboutGERD.org)

### National Family Health History Day (November 24<sup>th</sup>)



By knowing your family's health history, you can speak with your doctor about steps to prevent the development of these same conditions.



**FALL BACK!**  
Change Your Clocks Nov 6<sup>th</sup>

**STELLAR**  
BENEFITS GROUP

Happy  
Thanksgiving

