

MARCH 2020



Workplace Eye Wellness & Save Your Vision Month

Apart from ordinary eye care, this month specifically focuses on eye care in the workplace. Safety eyewear should be worn whenever there is a chance of eye injury.

Prevent Blindness | 800.331.2020 | PreventBlindness.org

National Colorectal Cancer Awareness Month

Colorectal cancer is the third most commonly diagnosed cancer and the second leading cause of cancer death in men and women combined in the United States.

Colorectal Cancer Alliance | 877.422.2030 | ccalliance.org

National Endometriosis Awareness Month

Endometriosis is a life-altering hormone and immune system disease affecting an estimated 176 million women worldwide. There is no known cure for endometriosis, but there are treatments which can help relieve symptoms and improve quality of life.

Cleveland Clinic | 800.223.2273 | ClevelandClinic.org

National Kidney Month

1 in 3 Americans is at risk for kidney disease due to diabetes, high blood pressure or a family history of kidney failure. Over 26 million Americans already have a kidney disease, and most don't even know it. Learn about risk factors and warning signs.

National Kidney Foundation | 800.622.9010 | Kidney.org

EAT RIGHT



BITE BY BITE

National Nutrition Month

National Nutrition Month is designed to focus attention on the importance of making informed food choices.

Academy of Nutrition and Dietetics | EatRight.org

Bleeding Disorders Awareness Month

Bleeding disorders are a group of disorders that share the inability to form a proper blood clot. Treatment for bleeding disorders varies. If left untreated, it can cause permanent damage.

Hemophilia Federation of America | 800.230.9797 | HemophiliaFed.org

Daily and Weekly Observances

National Women and Girls HIV/AIDS Awareness Day, 10th

US Department of HHS, Women's Health | WomensHealth.gov

MS Awareness Week, 8th - 14th

National Multiple Sclerosis Society | NationalMSSociety.org

Patient Safety Awareness Week, 8th - 14th

Institute for Health Improvement | ihi.org

National Sleep Awareness Week, 8th - 14th

National Sleep Foundation | SleepFoundation.org

Brain Awareness Week, 16th - 22nd

The Dana Foundation | Dana.org

World Kidney Day, 12th

World Kidney Day | WorldKidneyDay.org



Nat'l Poison Prevention Week, 15th - 21st

1-800-222-1222

World Tuberculosis Day, 24th

Stop TB Partnership | StopTB.org

American Diabetes Alert Day, 24th

American Diabetes Association | Diabetes.org



Daylight Savings is the 8th