

# AUGUST National Health Observances



## Children's Eye Health and Safety Month

A good rule of thumb is to have your children's eyes examined during well-child visits, beginning around age three. Be sure to also enforce the use of protective eyewear.

Prevent Blindness | 800.331.2020 | [PreventBlindness.org](http://PreventBlindness.org)



**National Immunization  
Awareness Month**

## National Immunization Awareness Month

Immunizations help prevent dangerous and sometimes deadly diseases. Immunizations are not just for kids - adults also need to get vaccinated to stay protected against serious illnesses.

The U.S. Department of HHS, CDC | [CDC.gov](http://CDC.gov)

## Digestive Tract Paralysis Awareness Month Gastroparesis Awareness Month

August is a time to focus attention on important health messages about the diagnosis, treatment, and quality of life issues, including goals to improve the understanding of digestive tract paralysis and gastroparesis.

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

## Spinal Muscular Atrophy Awareness Month

Spinal muscular atrophy (SMA) is the leading genetic cause of death in babies under the age of two. SMA is a disease that robs people of physical strength by affecting the motor nerve cells in the spinal cord, taking away the ability to walk, eat or breathe.

Cure SMA | 800.886.1762 | [CureSMA.org](http://CureSMA.org)

## Neurosurgery Awareness Month

Neurosurgery is focused on the prevention, diagnoses, surgical treatment, and rehabilitation of disorders which affect any part of the nervous system, especially the brain, spinal cord and peripheral nerves.

American Association of Neurological Surgeons | 888.566.2267 | [aans.org](http://aans.org)

## Psoriasis Action Month

Psoriasis is an immune-mediated disease that causes raised, red, scaly patches to appear on the skin, affecting nearly 7.5 million people in the U.S.

National Psoriasis Foundation | 800.723.9166 | [Psoriasis.org](http://Psoriasis.org)

## National Breastfeeding Month

Click on the below link to learn more about breastfeeding guidelines and recommendations.

The U.S. Department of HHS | 800-232-4636 | [CDC.gov](http://CDC.gov)

## Medic Alert Awareness Month

Medical alert IDs provide for a quick recognition of your medical conditions, allergies, medications, or treatment wishes, which lead to faster, more effective medical care, as well as reduced treatment errors.  
[MedicaAlert.org](http://MedicaAlert.org)

## Daily and Weekly Observances

### National Night Out (4<sup>th</sup>)

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make neighborhoods safer, better places to live.

National Night Out | 800.648.3688 | [NATW.org](http://NATW.org)

### Contact Lens Health Week (17<sup>th</sup> – 21<sup>st</sup>)

Increased awareness about the importance of proper contact lens hygiene can encourage contact lens wearers to adopt healthy habits that can reduce their chances of getting an eye infection.

The U.S. Dept. of HHS, CDC | [CDC.gov](http://CDC.gov)

