



# Health Observances

## Stomach Cancer Awareness Month

There is no sure way to prevent stomach cancer but things like diet, nutrition, body weight, and physical activity can help lower your risk.

No Stomach for Cancer, Inc. | 608.692.5141 | [NoStomachForCancer.org](http://NoStomachForCancer.org)



## American Diabetes / Diabetic Eye Disease Month

1.5 million Americans are diagnosed with diabetes every year, and diabetes is the leading cause of vision loss in people 18-64.

American Diabetes Association | 800.342.2383

[Diabetes.org](http://Diabetes.org) | [EyeHealth.Diabetes.org](http://EyeHealth.Diabetes.org)

## National COPD Awareness Month

More than 16 million Americans have chronic obstructive pulmonary disease. Millions more have it and do not 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 number one cancer killer in the United States, but it doesn't need to be. A lung cancer screening lasts about 10 minutes, and can save countless lives.

GO2 Foundation for Lung Cancer | 800.298.2436 | [Go2Foundation.org](http://Go2Foundation.org)

## National Epilepsy Awareness Month

Characterized by unpredictable seizures, epilepsy is the 4<sup>th</sup> most common neurological disorder, affecting people of all ages.

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 good care of it.

American Academy of Dermatology | 888.462.3376 | [AAD.org](http://AAD.org)

## Pancreatic Cancer Awareness Month

More than 56,000 Americans will be diagnosed with pancreatic cancer this year. Speak with your physician about risk factors and early detection.

Pancreatic Cancer Action Network | 877.573.9971 | [PanCan.org](http://PanCan.org)

## Bladder Health Awareness Month

Bladder function is important for overall health and proper kidney function. Speak with your provider today if you have an overactive bladder.

Urology Care Foundation | 800.828.7866 | [UrologyHealth.org](http://UrologyHealth.org)

## Daily/Weekly Observances



**DAYLIGHT SAVINGS**  
Fall back on the 1<sup>st</sup>

## VETERANS DAY 11<sup>TH</sup>

## Great American Smokeout - 19<sup>th</sup>

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

## World Prematurity Day - 17<sup>th</sup>

## Gastroesophageal Reflux Disease (GERD) Awareness Week (16<sup>th</sup> - 22<sup>nd</sup>)

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

## National Family Health History Day - 26<sup>th</sup>

Learning about your family's health history may help ensure a longer, healthier future together.

