



Healthy Lung Month

Avoiding smoking and regular cardiovascular exercise are the best ways to take care of your lungs.

Find out more at Lung.org



Pregnancy and Infant Loss Awareness Month

Most miscarriages (pregnancy loss before 20 weeks) happen before a woman even realizes she's pregnant so there is no known certain frequency, though it occurs in 10% of confirmed pregnancies. Stillbirths (pregnancy loss after 20 weeks) occur in 1 in 160 pregnancies, or about 24,000 a year in the US.
Find out more at NICHD.NIH.gov

Breast Cancer Awareness Month

About 1 in 8 women will be diagnosed with Breast Cancer in their lifetime, 91% of those women are still living 5 years after their diagnosis. This high survival rate is largely due to advances in treatment.

Find out more at Cancer.org

Dental Hygiene Month

Oral health is one of the biggest factors in maintaining your general health and wellbeing, and can impact every aspect of your life like relationships, school, work, communication, etc.
Find out more at ADA.org

MENTAL HEALTH CORNER

Bullying Prevention Month

Bullying is done repeatedly with the goal to hurt, harm, or humiliate. According to Pacer's National Bullying Prevention Center, about 1 in 5 students report being bullied.

Find out more at Pacer.org

Mental Illness Awareness Week - October 4th-10th

1 in 5 adults and 1 in 6 youth in the US experience mental illness each year and about 50% of all lifetime mental illness begins by age 14.

Find out more at NAMI.org

National Health Education Week - October 19th-23rd

Health Education enhances quality of life and improves health status of individuals and communities. When focused on prevention, health education can dramatically reduce potential financial costs of healthcare.

Find out more at SOPHE.org

Domestic Violence Awareness Month

Intimate partner violence accounts for 15% of all violent crime and only 34% of people who are injured by an intimate partner receive medical care. On average, there are more than 20,000 phone calls placed to Domestic Violence Hotlines nationwide per day.

Find out more at NCADV.org