



Healthy Lifestyle E-Letter

Aging & Adult Services

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WWW.COLORADOAGING.COM

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AWARENESS FOR APRIL 2013

In this Issue

You will find Web sites that will lead you to monthly Awareness, that can help you lead a Healthy Lifestyle



Head & Neck Cancer Awareness Month

Sexual Assault Awareness & Prevention Month

Parkinson's Awareness Month

Alcohol Awareness Month

National Donate Life Month

Stress Awareness Month

Esophageal Cancer Awareness Month

Testicular Cancer Awareness Month

Irritable Bowel Syndrome Awareness Month

Food Health Awareness Month



Our goal is to keep our colleagues and friends informed of Monthly Awareness and public health topics in the media at the local, state and national level with web-sites addressing these issue.



Oral Cancer Awareness in the American Public is low. One of our mission's and that of the dental and medical community is to raise people's awareness of a disease that is taking a life every hour of the day in the US. Read more at www.oralcancerfoundation.org/events/oral-cancer-awareness-month.html.

The month of April has been designated **Sexual Assault Awareness Month** (SAAM) in United States. The goal of SAAM is to raise public awareness about sexual violence and to educate communities and individuals on how to prevent sexual violence. Learn more at www.nsvrc.org/saam/sexual-assault-awareness-month-home.

Parkinson Disease Awareness Month as you may well know, awareness for Parkinson's is needed all year long. Read more at http://www.pdf.org/en/parkinson_awareness.

April marks **Alcohol Awareness Month**, a nationwide campaign intended to raise awareness of the health and social problems that excessive alcohol consumption can cause for individuals, their families, and their communities. Excessive drinking is a dangerous behavior for both men and women. Read more at www.cdc.gov/Features/AlcoholAwareness/.

National Donate Life Month (NDLM) was instituted by Donate Life America and its partnering organizations in 2003 with the support of then Secretary of HHS, Tommy Thompson. Celebrated in April each year, NDLM features an entire month of local, regional and national activities to help encourage Americans to register as organ, eye and tissue donors and to celebrate those that have saved lives through the gift of donation. Learn more at www.donatelife.net/national-donate-life-month/.

Stress Awareness Month, during the month of April, health care professionals and health promotion experts across the country will annually join forces to increase public awareness about both the cause and cures for our modern stress epidemic. Learn more at www.speakersfornurses.com/planning/Stress.htm.

Esophageal Cancer is a devastating and aggressive disease, but it can be beaten. The Esophageal Cancer Awareness Association (ECAA) is dedicated to helping patients, caregivers, survivors, family members, and anyone at risk of the disease. Learn more at www.ecaware.org/.

Testicular Cancer is the most common form of cancer in men age 15 to 35, it is also one of the most treatable and curable...**Cancers**, if it is found early. Unfortunately, it sometimes does not show many symptoms, but there are some symptoms of **testicular**...Learn more at www.cancersymptoms.org/search/?q=Testicular+Cancer&t=86122673&sid=CM8mfs.

April is **IBS Awareness Month** If you have irritable bowel syndrome (IBS), you are not alone – IBS is common with worldwide prevalence estimated at 9 % to 23 %. Yet many people remain undiagnosed and unaware that their symptoms indicate a medically recognized disorder. Learn more at www.aboutibs.org/site/about-ibs/april-ibs-awareness-month.

Food Health Awareness Campaign has fact sheet and web sites with information that community members need to know when buying, handling, preparing and storing food. Learn more at [www. http://www.foodsafety.gov/](http://www.foodsafety.gov/).