

Awareness!

March 2016

Hello St. Petersburg!

As I was getting ready to write this blog, I was looking at some health data for colorectal cancer because March is Colorectal Cancer Awareness month. This got me to think that only decades ago you could not detect or prevent many cancers; as the saying goes we have come a long way baby! We have the medical tools to prevent and detect many diseases but taking advantage of those tests tools is not a priority for everyone. Unfortunately, too many people continue to be diagnosed with serious illness and sometimes too late for treatment.

In our great Nation we celebrate something every month. This is true in healthcare in the hopes of raising awareness of the opportunities for testing, screening and immunizations to detect or prevent illness. As I mentioned earlier March is National Colorectal Cancer Month. This is the time of year we place emphasis on the prevention of colon/rectal cancer among adults; typically in adults 50 and older.

Below are some more examples of how people in healthcare focus on health awareness and prevention (more on <https://healthfinder.gov>). Think about it for a minute, if everyone talked about some health topic each month: passing along the importance of prevention to their children, grandchildren, god-children, nieces, nephews, family, friends, co-workers what the impact would have on the well-being of our great City and State!

Let's start taking health! Considering having a conversation each month on a health topic. Imagine our community truly being the healthiest community in the County, State and Nation.

January: Cervical Health Awareness Month; National Birth Defects Prevention Month

February: American Heart Month; Give Kids a Smile[®] Day (dental prevention for kids)

March: National Colorectal Cancer Awareness Month; National Nutrition Month; Save Your Vision Month

April: National Minority Health Month; World Health Day (April 7th); National Infant Immunization Week (April 12 – 23); National Youth HIV and AIDS Awareness Day (April 10th)

May: Healthy Vision Month; Mental Health Month, National Teen Pregnancy Prevention Month; Health and Safe Swimming Week (May 23-29)

June: Men's Health Month, World Sickle Cell Day (June 19th); Cataract Awareness Month

July: Juvenile Arthritis Awareness Month; World Hepatitis Day (July 28th)

August: Children's Eye Health and Safety Month; National Breastfeeding Month; National Immunization Awareness Month

September: Childhood Cancer Awareness Month; Fruits & Veggies – More Matters[®] Month; Healthy Aging[®] Month; National Childhood Obesity Awareness Month

October: National Dental Hygiene Month; National Breast Cancer Awareness Month; International Infection Prevention Week

November: American Diabetes Month; Great American Smokeout (November 19th); National Family Health History Day

December: World AIDS Day (December 1st); National Influenza Vaccination Week (December 4-12); National Handwashing Awareness Week (December 4-10).

Joe Santini

Community Health Centers of Pinellas, Inc.