

# NOVEMBER

## NATIONAL HEALTH OBSERVANCES 2017

### American Diabetes Month

American Diabetes Association  
800-DIABETES (342-2383)

[www.diabetes.org/in-my-community/american-diabetes-month.html](http://www.diabetes.org/in-my-community/american-diabetes-month.html)

*Live Well, Work Well flyers:*

- Diabetes: Type 1
- Diabetes: Type 2
- Pre-diabetes: Don't Let it Lead to Type 2

### Bladder Health Month

Urology Care Foundation  
410-689-3700

[www.urologyhealth.org/media-center/bladder-health-month](http://www.urologyhealth.org/media-center/bladder-health-month)

### COPD Awareness Month

American Lung Association  
800-548-8252

[www.lung.org](http://www.lung.org)

*Live Well, Work Well flyer:*

- COPD: Chronic Obstructive Pulmonary Disease

### Diabetic Eye Disease Month

American Academy of Ophthalmology  
415-561-8534

<http://aao.org/eyesmart>

*Live Well, Work Well flyers:*

- Vision Care: Diabetic Eye Disease
- Vision Care: Eye Exams

### Lung Cancer Awareness Month

American Lung Association's National Office  
800-548-8252

[www.lung.org](http://www.lung.org)

Lung Cancer Alliance

202-463-2080

[www.lungcanceralliance.org/](http://www.lungcanceralliance.org/)

*Live Well, Work Well flyers:*

- Lung Cancer
- Smoking and Your Health
- Quit for Your Loved Ones

### National Alzheimer's Disease Awareness Month

Alzheimer's Association  
800-272-3900

[www.alz.org](http://www.alz.org)

*Live Well, Work Well flyers:*

- Alzheimer's Disease

### National Family Caregiver's Month

Caregiver Action Network  
202-454-3970

[www.caregiveraction.org/](http://www.caregiveraction.org/)

*Live Well, Work Well flyer:*

- Family Matters: Caregiving

### National Healthy Skin Month

American Academy of Dermatology  
888-503-SKIN (503-7546)

[www.aad.org](http://www.aad.org)

*Live Well, Work Well flyers:*

- Acne
- Psoriasis
- Public Health: Staph Infections
- Stress and Your Skin
- Skin Cancer: Are You Safe in the Sun?
- Tanning Beds

### National Hospice and Palliative Care Month

National Hospice and Palliative Care Organization  
800-646-6460

[www.nhpco.org](http://www.nhpco.org)

*Live Well, Work Well flyers:*

- Caring for an Elderly Parent

- Family Matters: Making the Hospice Choice

### National Stomach Cancer Awareness Month

No Stomach for Cancer, Inc.  
608-692-5141

[www.nostomachforcancer.org](http://www.nostomachforcancer.org)

*Live Well, Work Well flyer:*

- Surviving Cancer

### Great American Smokeout – Nov. 16

American Cancer Society  
800-ACS-2345 (227-2345)

[www.cancer.org/healthy/stayawayfromtobacco/greatamerican-smokeout/index](http://www.cancer.org/healthy/stayawayfromtobacco/greatamerican-smokeout/index)

*Live Well, Work Well flyers:*

- Smoking series
- Smoking and Your Health
- Quit for Your Loved Ones

### International Survivors of Suicide Day – Nov. 19

American Foundation for Suicide Prevention  
888-333-AFSP (2377)

[www.afsp.org](http://www.afsp.org)

*Live Well, Work Well flyers:*

- Mental Health series

### Gastroesophageal Reflux Disease Awareness Week – Nov. 20-26

International Foundation for Functional Gastrointestinal Disorders  
888-964-2001

[www.aboutgerd.org/site/about-gerd/gerd-awareness-week](http://www.aboutgerd.org/site/about-gerd/gerd-awareness-week)

*Live Well, Work Well flyer:*

- GERD: Gastroesophageal Reflux Disease

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## **National Family Health History Day – Nov. 24**

U.S. Department of Health and Human Services, Office of the  
Secretary, Office of the Surgeon General  
877-696-6775

[www.hhs.gov/familyhistory](http://www.hhs.gov/familyhistory)