

May 2016

Sullivan Benefits



Stroke Awareness Month

Every 40 seconds, someone in the United States has a stroke, making it the fourth leading cause of death in the United States. A stroke occurs when a blockage stops the flow of blood to the brain or when a blood vessel in or around the brain bursts. Strokes occur in people of all ages.

The sooner a stroke patient receives medical treatment, the better. Call 911 immediately if you notice any of the following symptoms:

- Numbness or weakness of the face, arm, or leg
- Confusion, trouble speaking, or difficulty understanding
- Trouble seeing in one or both eyes
- Severe headache with no known cause
- Trouble walking, dizziness, loss of balance or loss of coordination

You can prevent a stroke by exercising regularly, quitting smoking, maintaining a healthy weight, keeping your blood pressure under control, limiting alcohol intake and eating a low-sodium healthy diet.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

National Stroke Awareness Month – www.cdc.gov/stroke/stroke_awareness_month.htm

Arthritis Awareness Month – www.arthritis.org

Better Hearing and Speech Month – www.asha.org/bhsm

Food Allergy Action Month – www.foodallergy.org/food-allergy-awareness-week#_U8QvM140caU

Global Employee Health and Fitness Month – www.healthandfitnessmonth.com

Global Youth Traffic Safety Month – <https://noys.org/>

Healthy Vision Month – <https://nei.nih.gov/hvm/>

Hepatitis Awareness Month – www.cdc.gov/hepatitis

Melanoma/Skin Cancer Detection and Prevention Month® – www.aad.org/public/spot-skin-cancer

Mental Health Month – www.mentalhealthamerica.net/go/may

National Asthma and Allergy Awareness Month – www.aafa.org/page/asthma-and-allergy-awareness-month.aspx

National Mediterranean Diet Month – www.oldwayspt.org

National Osteoporosis Awareness and Prevention Month –

<http://nof.org/nationalosteoporosismonth>

National Physical Fitness and Sports Month – www.fitness.gov

National Teen Pregnancy Prevention Month – www.advocatesforyouth.org/topics-issues/teen-pregnancy-prevention/1304-tp

Preeclampsia Awareness Month – www.preeclampsia.org

Ultraviolet Awareness Month – www.preventblindness.org

Children's Mental Health Awareness Week (1-7) – www.ffcmh.org/awarenessweek

National Physical Education & Sport Week (1-7) – www.shapeamerica.org/events/pesportweek

North American Occupational Safety and Health Week (1-7) –

www.asse.org/newsroom/naosh/what-is-naosh-week

National Bike to School Day (4) – www.walkbiketoschool.org

Hand Hygiene Day (5) – www.who.int/gpsc/5may/en

National Women's Health Week (8-14) – www.womenshealth.gov/nwhw

National Alcohol and Other Drug-related Birth Defects Week (8-14) – www.ncadd.org

National Stuttering Awareness Week (9-15) – www.stutteringhelp.org

National Neuropathy Awareness Week (12-16) – www.foundationforpn.org

Cornelia de Lange Syndrome Awareness Day (14) – www.cdlsusa.org

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Children's Mental Health Awareness Week

North American Occupational Safety and Health Week

National Physical Education & Sport Week

National Bike to School Day

Cinco de Mayo

Hand Hygiene Day

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12

13

14

Mother's Day

National Women's Health Week

National Alcohol- and Other Drug-related Birth Defects Week

National Stuttering Awareness Week

Natural Neuropathy Awareness Week

Cornelia de Lange Syndrome Awareness Day

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HIV Vaccine Awareness Day

National Asian and Pacific Islander HIV/AIDS Awareness Day

World Autoimmune Arthritis Day

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23

24

25

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27

28

National Hurricane Preparedness Week

Healthy & Safe Swimming Week

National Senior Health & Fitness Day

Heat Safety Awareness Day

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31

Memorial Day

World No Tobacco Day

HIV Vaccine Awareness Day (18) - www.niaid.nih.gov/topics/hiv/aids/Pages/Default.aspx

National Asian and Pacific Islander HIV/AIDS Awareness Day (19) – www.banyantreeproject.org

World Autoimmune Arthritis Day (20) – www.worldautoimmunearthritisday.org

National Senior Health and Fitness Day® (25) – www.fitnessday.com

Heat Safety Awareness Day (27) - www.weather.gov/om/heat/index.shtml

National Hurricane Preparedness Week (22-28) – www.nhc.noaa.gov

Healthy and Safe Swimming Week (23-29) –

www.cdc.gov/healthyswimming/observances/hss-week/index.html

World No Tobacco Day (31) - www.who.int/tobacco/wntd/en

Sullivan Benefits

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