

May 2014

Sullivan Benefits



Skin Cancer Prevention

Skin cancer accounts for almost half of all cancers diagnosed in the United States each year, and over 90 percent of skin cancer results from sun exposure. The easiest way to prevent skin damage and lessen your chances of getting skin cancer is to avoid sunburn.

Follow these tips to stay safe in the sun:

- Wear sunscreen and reapply frequently.
- Wear sunglasses.
- Wear a hat to protect your face and shield your eyes.
- Enjoy the shade from trees and tents.
- Minimize your time in the sun between 11 a.m. and 3 p.m. when its rays are strongest.
- Don't use tanning beds as a safe alternative to the sun—they're not.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Arthritis Awareness Month – www.arthritis.org Healthy Vision Month – www.nei.nih.gov Melanoma/Skin Cancer Detection and Prevention Month® - www.aad.org/spot-skin-cancer/what-we-do/melanoma-monday Mental Health Month – www.mentalhealthamerica.net/go/may Better Hearing and Speech Month – www.asha.org/bhsm National Asthma and Allergy Awareness Month – www.aafa.org/display.cfm?ID=5&Sub=105&Cont=457 Recreational Water Illness and Injury Prevention Week (19-25) – www.cdc.gov/healthywater/swimming/rwi/rwi-prevention-week				1	2	3
4 Children's Mental Health Awareness Week North American Occupational Safety and Health Week	5 Cinco de Mayo Hand Hygiene Day	6	7 National Bike to School Day	8	9	10 Cornelia de Lange Syndrome Awareness Day
11 Mother's Day Food Allergy Awareness Week National Women's Health Week	12 National Women's Check-up Day National Stuttering Awareness Week	13	14	15	16	17
18 HIV Vaccine Awareness Day	19 National Asian and Pacific Islander HIV/AIDS Awareness Day	20 World Autoimmune Arthritis Day	21	22	23 Heat Safety Awareness Day	24
25 National Hurricane Preparedness Week	26 Memorial Day	27	28 National Senior Health & Fitness Day	29	30	31 World No Tobacco Day
Global Youth Traffic Safety Month – www.noys.org/traffic_safety.aspx National High Blood Pressure Education Month – www.nhlbi.nih.gov Preeclampsia Awareness Month – www.preeclampsia.org Ultraviolet Awareness Month – www.preventblindness.org North American Occupational Safety and Health Week (4-10) – www.asse.org/NAOSH National Bike to School Day (7) – www.walkbiketoschool.org National Alcohol- and Other Drug-related Birth Defects Week (12-16) – www.ncadd.org National Osteoporosis Awareness and Prevention Month – www.nof.org UV Safety Month – www.preventblindness.org Children's Mental Health Awareness Week (4-10) – www.fcmh.org HIV Vaccine Awareness Day (18) – www.niaid.nih.gov/news/events/hvad/Pages/default.aspx National Teen Pregnancy Prevention Month – www.advocatesforyouth.org/topics-issues/teen-pregnancy-prevention/1304-tp Cornelia de Lange Syndrome Awareness day (10) – www.cdlsusa.org World No Tobacco Day – www.who.int/tobacco/wntd/en				Hepatitis Awareness Month – www.cdc.gov/hepatitis National Mediterranean Diet Month – www.oldwayspt.org National Physical Fitness and Sports Month – www.fitness.gov Food Allergy Awareness Week (11-17) – www.foodallergy.org National Neuropathy Awareness Week (12-16) – www.neuropathy.org World Autoimmune Arthritis Day (20) – www.worldautoimmunearthritisday.org Heat Safety Awareness Day (23) – www.weather.gov/om/heat/index.shtml National Hurricane Preparedness Week (25-31) – www.nhc.noaa.gov National Senior Health and Fitness Day® (28) – www.fitnessday.com National Asian and Pacific Islander HIV/AIDS Awareness Day (19) – www.banyantreeproject.org National Stuttering Awareness Week (12-18) – www.stutteringhelp.org Hand Hygiene Day (5) – www.who.int/gpsc/5may/en National Women's Health Week (11-17) – www.womenshealth.gov Global Employee Health and Fitness Month – www.physicalfitness.org National Celiac Disease Awareness Month – www.americanceliac.org		

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