

April Hot Topics 2021

April is Alcohol Awareness Month - A big part of the work of Alcohol Awareness Month is to point out the stigma that still surrounds alcoholism and substance abuse in general. For many, denial is a common trait among those [struggling with alcoholism](#) or alcohol abuse.¹ They often underestimate the amount they drink, the duration of their drinking problem, the impact it has had on their life, or overestimate their ability to control their drinking or to quit.¹ Denial is also common among friends and family members who are uncomfortable acknowledging the gravity and reality of the situation. These organizations—many of which are part of National Council on Alcoholism and Drug Dependence's (NCADD) National Network of Affiliates—launch campaigns on social and traditional media during the month of April to draw attention to the causes of alcoholism, the signs and effects of the condition, [how to talk to a loved one about a drinking problem](#), and how to find treatment options. Programs like Alcohol Awareness Month exist to ensure that families and communities have the resources, information, and options available to control the crisis of alcoholism. For more information go to <https://www.alcohol.org/awareness-month/> there is also a help line available 1.866.484.1712.



April is Stress Awareness Month - Stress can be debilitating, and it can cause and/or aggravate health problems. And since stress is a normal part of human existence — nobody is immune to it — it is important to arm ourselves with knowledge so that we recognize when stress rears its ugly head. (Amazingly, we do not always notice it is happening to us.) Stress Awareness Month happens each April. It is important to learn some strategies for coping with this particular silent scourge. Here is how to observe Stress Awareness Month:



- 1) **Practice meditation** -One of the most effective ways to deal with stress is to learn how to silence the mind. Meditation is one of the most popular methods of achieving this quiet.
- 2) **Exercise** -Another way to battle the debilitating effects of stress is to exercise. Whether you are a jogger, bicyclist or just like to take long walks, be sure to get some fresh air and exercise into your daily routine.
- 3) **Visit your doctor**-They're really in the best position to get you started on the path to a stress-free lifestyle. Make an appointment today. For more information go to [How to Observe Stress Awareness Month](#)

For more information go to <https://nationaltoday.com/stress-awareness-month/> or <https://nationaltoday.com/stress-awareness-month/>

April is Sarcoidosis Awareness - Sarcoidosis is a disease characterized by the growth of tiny collections of inflammatory cells (granulomas) in any part of your body — most commonly the lungs and lymph nodes. But it can also affect the eyes, skin, heart, and other organs.

The cause of sarcoidosis is unknown, but experts think it results from the body's immune system responding to an unknown substance. Some research suggests that infectious agents, chemicals, dust, and a potential abnormal reaction to the body's own proteins (self-proteins) could be responsible for the formation of granulomas in people who are genetically predisposed.



There is no cure for sarcoidosis, but most people do very well with no treatment or only modest treatment. In some cases, sarcoidosis goes away on its own. However, sarcoidosis may last for years and may cause organ damage. For more information, please go to <https://www.mayoclinic.org/diseases-conditions/sarcoidosis/symptoms-causes/syc-20350358>