

January Awareness



Thyroid Awareness Month- The thyroid gland is a butterfly-shaped endocrine gland that is normally located in the lower front of the neck. The thyroid's job is to make thyroid hormones, which are secreted into the blood and then carried to every tissue in the body. Thyroid hormone helps the body use energy, stay warm and keep the brain, heart, muscles, and other organs working as they should. For more information visit <https://www.thyroid.org/thyroid-information/>.

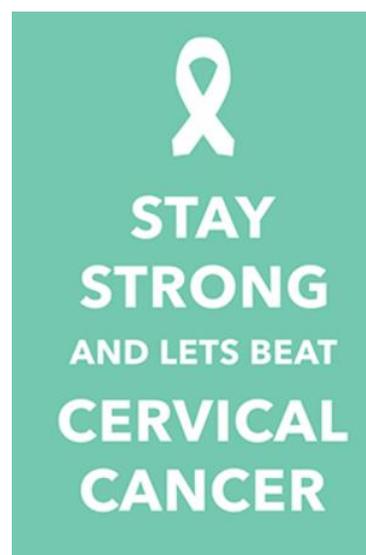
Cervical Cancer Awareness -

The United States Congress designated January as Cervical Health Awareness Month. Nearly 13,000 women in the United States are diagnosed with cervical cancer each year, but the disease is preventable with vaccination and appropriate screening (Pap and HPV tests). Cervical cancer is cancer that starts in the cervix, the narrow opening into the uterus from the vagina. The normal "ectocervix" (the portion of the uterus extending into the vagina) is a healthy pink color and is covered with flat, thin cells called squamous cells. The "endocervix" or cervical canal is made up of another kind of cell called columnar cells. The area where these cells meet is called the "transformation zone" (T-zone) and is the most likely location for abnormal or precancerous cells to develop.

Most cervical cancers (80 to 90 percent) are squamous cell cancers. Adenocarcinoma is the second most common type of cervical cancer, accounting for the remaining 10 to 20 percent of cases. Adenocarcinoma develops from the glands that produce mucus in the endocervix. While less common than squamous cell carcinoma, the incidence of adenocarcinoma is on the rise, particularly in younger women.

During January, NCCC (National Cervical Cancer Coalition) and its many local chapters across the country highlight issues related to cervical cancer, HPV disease and the importance of early detection. While NCCC chapters host events throughout the year, January is a month with a special focus as chapters celebrate Cervical Health Awareness Month and work to spread the word in their communities.

NCCC and the American Sexual Health Association (ASHA) also offer a range of resources (listed below) to educate the public and healthcare providers about cervical health, from fact sheets to episodes of ASHA's Sex+Health podcast. For more information please visit this link: <http://www.nccc-online.org/hpvcervical-cancer/cervical-health-awareness-month/>



January is National Glaucoma Awareness Month



Glaucoma Awareness - January is National Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease.

Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase.

Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of irreversible blindness. Moreover, among African American

and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians. Help Raise Awareness - talk to your family about glaucoma.

In the United States, approximately 120,000 are blind from glaucoma, accounting for 9% to 12% of all cases of blindness. Here are three ways you can help raise awareness:

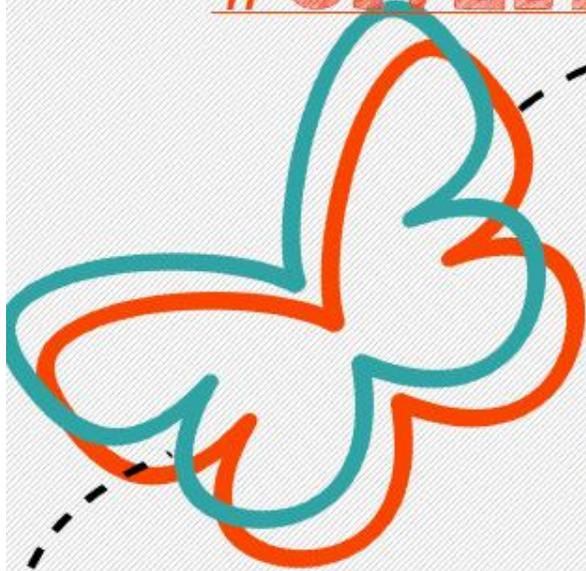
1. Talk to friends and family about glaucoma. If you have glaucoma, don't keep it a secret. Let your family members know.
2. Refer a friend to our web site, www.glaucoma.org.
3. Request to have a [free educational booklet](#).
4. Get [involved in your community](#) through fundraisers, information sessions, group discussions, inviting expert speakers, and more.

Visit here for more information: <https://www.glaucoma.org/news/glaucoma-awareness-month.php>

January is Thyroid Awareness Month

#GIVE2THYROID

www.thyroid.org/donate



Reason

1

Public & Thyroid Patients

The American Thyroid Association® is dedicated to serving as an educational resource for the public by supporting thyroid research and promoting the prevention, treatment and cure of thyroid-related diseases and thyroid cancer. Help support the continuation of our patient/public education programs and resources including:

- +thyroid brochures
- +summarized medical literature
- +endocrinologist referral
- +monthly newsletters
- +support links
- +patient alliance community
- +health and education forums

Reason

2

Thyroid Physicians, Scientists & Professionals

The American Thyroid Association® provides outstanding leadership in thyroidology by promoting excellence and innovation in clinical management, research, education, and patient care. Help support thyroid specialists and the development of resources that advance our understanding of thyroid disorders and cancer including:

- +clinical practice guidelines
- +position statements
- +early career training
- +research and education grants
- +leadership & service awards
- +community for collaboration
- +continuing education programs
- +peer-review biomedical journals
- +summarized medical literature
- +up to date thyroid news & publications
- +patient education

American Thyroid Association

#THYROIDAWARENES

www.thyroid.org/donate