

## January Health Awareness – 2021

**National Blood Donor Month** - According to the American Red Cross, winter is “one of the most difficult times of year to collect enough blood products to meet patient needs.” That’s because of, among other things, busy holiday schedules and bad weather often resulting in canceled blood drives. Furthermore, seasonal illnesses such as the flu force potential donors to forgo their blood donations and this year the COVID pandemic is a concern.



That is just one of the reasons that National Blood Donor Month, which has taken place each January since 1970, is such an important observance. Donating blood saves many lives and improves health for many people. For more information on how to donate please go to <https://www.redcrossblood.org/>



**Glaucoma Awareness** - Everyone is at risk for glaucoma. However, certain groups are at higher risk than dilation. Your eye doctor will tell you how often to have follow-up exams based on the results of this eye health screening. Glaucoma is a complex disease in which damage to the optic nerve leads to progressive, irreversible vision loss. Glaucoma is the second leading cause of blindness. For more information go to <https://www.glaucoma.org/glaucoma/>

**National Birth Defects Prevention Month** - January is Birth Defects Prevention Month. The theme for 2021 is “Best for You. Best for Baby.” We know that not all birth defects can be prevented. But you can increase your chances of having a healthy baby by doing what you can to be your healthiest self both before and during pregnancy. What is best for you is also best for your baby. For tools and resources please go to <https://www.nbdpn.org/bdpm.php>



**23 Healthy New Year’s Resolutions You Can Actually Keep** - A new year often signifies a fresh start for many people. For some, this means setting health goals, such as losing weight, following a healthier diet, and starting an exercise routine. However, often, the health and wellness resolutions chosen are highly restrictive and unsustainable, leading most people to break their resolutions within a few weeks. Therefore, many people make the same resolutions year after year. For the list of very doable resolutions go to <https://www.healthline.com/nutrition/realistic-new-years-resolutions>