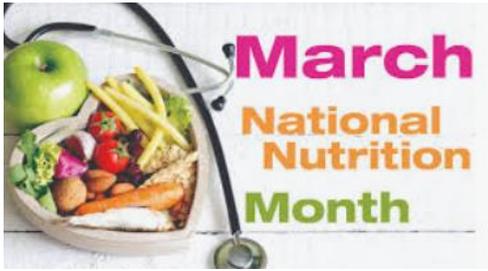


March 2021 Hot Topics



March is Nutrition Awareness Month - National Nutrition Month[®] started as National Nutrition Week in 1973. Interest and excitement grew and National Nutrition Month[®] was inaugurated in 1980. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. Eat Right offer toolkits and weekly tips that can be shared please click on this link for more information.

<https://www.eatright.org/food/resources/national-nutrition-month>

March is Hemophilia awareness also recognized as Bleeding Disorders Awareness Month. This observance raises awareness for bleeding disorders such as hemophilia. Hemophilia is a genetic disorder which slows the blood clotting process. This could be due to having no or a decreased amount a protein called a clotting factor. Bleeding disorders can also be caused by a platelet defect, either a lack of platelets or a problem that causes your platelets to not “stick” together or to the injured blood vessel properly. Bleeding disorders are usually genetic. However, they can also be acquired. Bleeding disorders are not contagious. They cannot be caught from someone else or spread like a virus or an infection. Some bleeding disorders, such as hemophilia, are X-linked. This means that the genetic defect that causes hemophilia is on the X chromosome. For more information go to <https://www.hemophiliafed.org/>



March is Multiple Sclerosis Awareness Month, and MSAA is proud to support this national campaign with several educational activities. Multiple sclerosis (MS) is an unpredictable disease of the central nervous system that disrupts the flow of information within the brain, and between the brain and body. The cause of MS is still unknown. Scientists believe that a combination of environmental and genetic factors contribute to the risk of developing MS. The progress, severity, and specific symptoms of MS in any one person cannot yet be predicted. Most people with MS are diagnosed between the ages of 20 and 50, with at least two to three times more women than men being diagnosed with the disease. For more information go to <https://www.nationalmssociety.org>

The third full week in March each year is National Poison Prevention Week (NPPW), a week dedicated to raising awareness to poison control centers and the Poison Help Hotline (1-800-222-1222). NPPW 2021 will be March 21-27, 2021. Every year, America’s 55 poison centers receive millions calls, the majority of which are about people encountering dangerous or potentially dangerous substances. The rest were calls for information. These prevention tips can help you or your loved ones avoid poisonings go to <https://aapcc.org/>