

# National Cancer Awareness Month



FEBRUARY  
**NATIONAL  
CANCER**  
PREVENTION MONTH

Every February, the United States marks National Cancer Awareness Month, a time to recognize the impact of cancer, raise awareness about its prevention and detection, and celebrate the progress made in cancer research and treatment. It's an opportunity to come together as a community to fight this disease and support those affected by it.

## Awareness and Early Detection

**Early detection is crucial for successful cancer treatment. Regular screenings and checkups can help identify potential issues before they progress.** Common screening tests include mammograms for breast cancer, colonoscopies for colon cancer, and Pap smears for cervical cancer.

## Raising Awareness

**During National Cancer Awareness Month**, various organizations and communities around the country participate in raising awareness through events, educational campaigns, and fundraising initiatives.

### THESE ACTIVITIES HELP

- Educate the public about the risk factors, symptoms, and prevention methods of different cancers
- Encourage individuals to take charge of their health by getting screened regularly and adopting healthy lifestyle choices
- Support cancer research to develop new and improved treatments and ultimately find a cure

## How You Can Get Involved

- 1 **Spread awareness:** Share information about cancer and National Cancer Awareness Month on social media, talk to friends and family, and encourage them to get screened.
- 2 **Participate in events:** Many organizations host walks, runs, and other fundraising events throughout February. Join a local event or donate to a cause you care about.
- 3 **Advocate for change:** Support policies that promote cancer prevention, research, and access to affordable healthcare.
- 4 **Volunteer your time:** Many organizations rely on volunteers to help with fundraising, awareness campaigns, and patient support services.

**Together, we can make a difference in the fight against cancer.** By raising awareness, supporting research, and adopting healthy habits, we can reduce the impact of this disease and create a brighter future for everyone.



# Get enough Sleep

*Sleep is not for the weak.*

**Getting enough hours of sleep is essential as it makes people work effectively.** Sadly, most employees sacrifice their sleep for work which leads to poor physical and mental health. Sleep deprivation negatively impacts productivity and efficiency. *Adults should sleep 7 to 9 hours per night to keep their physical and mental state in tip-top shape. A well-rested employee improves their decision-making skills and decreases burnout from exhaustion.*

**Avoid stalling your employees after their work hours.** Even better, let them leave a couple of minutes early once they've concluded the day's tasks. This will help encourage them to have adequate downtime after being hard at work. Their body will surely reset and rest once they go home so they can energise for the next day. *Encourage employees to avoid staying up late, avoid going out late at night during working days, and limit their indulgence especially when they're going to have a long day at work tomorrow.*