

YOUR HEALTH MATTERS MONTHLY NEWSLETTER

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Dry January

The campaign to skip alcohol for a month fits right into expert advice: No level of alcohol consumption is safe for health, the World Health Organization warns, so abstaining is the healthiest option. Still, Americans keep drinking, with women's alcohol habits of particular concern.



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Cervical Health Awareness Month Increasing screening and prevention are key components of the effort to eradicate cervical cancer. Since almost all cases of the disease are caused by human papillomavirus (HPV) infection, vaccines that protect against the virus could prevent the vast majority of cases.

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National Blood Donor Month

New and returning donors are critically needed as the blood donor base throughout the U.S. has continued to shrink. The blood community reminds Americans to consult with their local blood center to confirm their eligibility and to make an appointment to donate blood this month – or any time in 2024.

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