

# November is Health Awareness Month

Health awareness is a year long and continuous cycle. However, November has been designated as Health Awareness Month. Long before the holiday season arrives with its joyous parties and family get-togethers arrive, it is suggested that you pay attention to the needs of your body. If a person would take stock of the most important aspects of their life, personal health would be at the top of the list.

On the list for the month of November is that set up by the [Alzheimer's Association](#). Their web site is loaded with valuable information for those that are affected by this disease or associated with it.

[American Diabetes Association](#) also lays claims to the month of November. Their slogan is "Cure, Care, and Commitment." Their web site explains the various types of [Diabetes](#) and is very educational to the understanding of this dreaded disease.

November is also Hospice and Palliative Care month. You can get more information at their site [www.nhpco.org](http://www.nhpco.org). The end of life care is a vital area to many individuals and their families. One of their main programs that helps to raise money is their "[Run to Remember](#)" program. Although it takes a break during the holiday season, it is a program that runs the year around.

It is also [National Healthy Skin Month](#) set up by the American Academy of Dermatology. In recent years, skin cancer awareness has become very important to many individuals.

[Pulmonary Hypertension Month](#) is also in November. You can check blood pressure before and after fitness workouts.

[TMJ Month](#) stands for Temporomandibular Joint, You have two. One in front of each ear. It is estimated that over 1 million individuals have problems with this part of their body.

Lastly November is also Respiratory Care Month. There is also a strong awareness of Prostate Cancer during the month of November. Tests are highly recommended for men getting physical exams before the holidays.

So long before the holidays arrive, give yourself an early present and get a checkup. Also, remember that these associations need funds and volunteers to succeed.