

April Health News

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National
Blue
Green
day is
April 21 st!
2017

National Donate Life Month 2017

National Donate Life Month is celebrated in April of each year and celebrates those individuals who have saved lives through the gift of organ donation. Americans nation wide are encouraged to register as a donor.

Americans can register to be a donor of various different and tissues for transplant. The list includes:

- ◇ Heart
- ◇ Lung
- ◇ Kidney
- ◇ Liver

- ◇ Intestines
- ◇ Pancreas
- ◇ Cornea
- ◇ Tissue (skin, bone, heart valves, veins)

There are three different types of donations that can give hope to patients with organ failure. A living donation is an opportunity for a donor to save a life while they are still alive, A deceased donation is the process of giving an organ, eye or tissue donation at the time of the donor's death. Lastly, a Vascularized Composite

Allograft (VCA) involves the transplantation of multiple structures that may include skin, bone, muscle, blood vessels, nerves and connective tissue. The most commonly know type of VCA's are hand and face transplants.



Statistics

- ◇ 118,000 men, women and children are waiting for a life saving organ transplant
- ◇ A person is added to the transplant waiting list every 10 minutes
- ◇ 22 people die every day waiting for an organ
- ◇ In 2016, 33, 600 transplants brought new life to patients

How You Can Help

For more information on how to register to become a donor or simply make a donation to Donate Life America visit

www.donatelife.net



Alcohol Awareness Month

Excess alcohol consumption can increase the risk of serious health issues including liver disease and some types of cancers. Drinking too much alcohol can also put a person at higher risk for injuries, overdoses, accidents and violence . It is important that you educate yourself and loved ones about the dangers that are associated with drinking too much alcohol.

If you or a person you know is drinking too much, you may want to try improving your health by quitting. Some strategies that can help you cut back or stop drinking include:

- ◇ Limit drinking to no more than one drink a day for women
- ◇ Limit drinking to no more than two drinks a day for men
- ◇ Choose a day each week you will not drink
- ◇ Limit the amount of alcohol kept at home
- ◇ Avoid places where people drink a lot
- ◇ Avoid drinking when you are upset



Alcohol addiction is a disease and treatment is available. The first step to recovery is to get help. The National Council on Alcoholism and Drug Dependence, Inc is a valuable resource for people struggling with addiction. Visit [www. Ncadd.org](http://www.Ncadd.org) for more information.

April 23rd — 29th: National Infertility Week Awareness

Infertility is defined as not being able to conceive after one year or more of unprotected sex. Because fertility of a woman can decline with age, some providers may evaluate and treat women 35 years and older after 6 months of unprotected sex. It is important to see a reproductive endocrinologist, who specializes in managing infertility to help assess which treatment may be right for you.

Many treatment options are available and Kings Pharmacy provides a wide variety of infertility medications as well as trained pharmacist ready to answer your questions about medication to help provide you with the best care possible. We understand the infertility treatment may be overwhelming which is why Kings Pharmacy is ready to serve you.

