

January

January is Cervical Health Awareness Month

Emergent Healthcare Consulting Services wants you to know that there's a lot you can do to prevent cervical cancer. Each year, more than 11,000 women in the United States get cervical cancer.

HPV (human papillomavirus) is a very common infection that spreads through sexual activity, and it causes almost all cases of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected.

The good news?

- The HPV vaccine (shot) can prevent HPV.
- Cervical cancer can often be prevented with regular screening tests and follow-up care.

In honor of National Cervical Health Awareness Month, **Emergent Healthcare Consulting Services** encourages:

- Women to start getting regular cervical cancer screenings at age 21
- Parents to make sure pre-teens get the HPV vaccine at age 11 or 12

Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.

Thanks to the health care reform law, you and your family members may be able to get these services at no cost to you. Check with your insurance company to learn more.

Taking small steps can help keep you safe and healthy.

- **Refer a friend and we will make a \$10 donation to [The National Cervical Cancer Coalition](#) on your behalf.**
 - All you have to do is text or call 305-814-4514 with your name, your referral's name and number. You can also complete a recommendation card on our website.
- **For more information, visit [The National Cervical Cancer Coalition](#)**

February

February is American Heart Month

Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, **Emergent Healthcare Consulting Services** is proudly participating in American Heart Month

- **We need your help!**
- **Refer a friend and we will make a \$10 donation to [The American Heart Association](#) on your behalf**
 - All you have to do is text or call 305-814-4514 with your name, your referral's name and phone number. You can also complete a recommendation card on our website.
- **We can all make a difference.**

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:
- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

For more information, visit [The American Heart Association](#).

March

March is Colorectal Cancer Awareness Month

To increase awareness about the importance of colorectal cancer screening, **Emergent Healthcare Consulting Services** is proudly participating in Colorectal Cancer Awareness Month.

- **We need your help!**

Refer a friend and we will make a \$10 donation to the [Prevent Cancer Foundation](#) on your behalf

- All you have to do is text or call 305-814-4514 with your name, your referral's name and phone number. You can also complete a recommendation card on our website.

- **We can all make a difference.**

People over age 50 have the highest risk of colorectal cancer. You may also be at higher risk if you smoke, are African American, or have a family history of colorectal cancer.

Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened starting at age 50.
- Encourage your family members and friends over age 50 to get screened.
- Quit smoking and stay away from secondhand smoke.
- Get plenty of physical activity and eat healthy.

For more information, visit [Prevent Cancer Foundation](#)