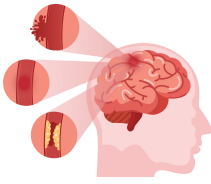


May Awareness Month



Stroke Awareness Month

- A stroke is an emergency – it can happen to anyone, at any time, and at any age.
- What happens when someone experiences a stroke and what occurs on the way to and at the hospital, is the focus of this year's National Stroke Awareness Month.
- Save a life by having a better understanding of stroke and by knowing what signs and symptoms to look for [here](#)



Maternal Mental Health Month

- Each May the spotlight is shined on Maternal Mental Health with the whole month being Maternal Mental Health Month. This also coincides with Maternal Mental Health Week and Day which also take place during May.
- In many countries, as many as 1 in 5 new mothers experience some type of perinatal mood and anxiety disorder (PMD). These illnesses frequently go unnoticed and untreated, often with tragic and long-term consequences to mothers, children, and fathers alike.
- You can find more information on [mental health in pregnancy on the NHS website](#).

May Awareness Month



Skin Cancer Awareness Month

- May is Skin Cancer Awareness Month. Whether you are directly affected by skin cancer, or you just want to find out more, we have information that can help.
- For Skin Cancer Awareness Month we have answered some of the most frequently asked questions about skin cancer.
- Learn more about skin cancer [here](#)



National Smile Month

- National Smile Month is all about championing the benefits of having good oral health and promoting the value of a healthy smile.
- Between 15 May and 15 June, the Oral Health Foundation will be raising awareness of important health issues and ready to put a smile on everybody's face. Read more about the campaign [here](#)

Key messages for great oral health

- Brush teeth for two minutes, last thing at night and one other time during the day, with a fluoride toothpaste.
- Clean between your teeth every day.
- Cut down how much and how often you have sugary foods and drinks.
- Visit a dentist regularly.

No matter how you decide to support the campaign, please make sure you help us communicate these important messages.

9th-
15th
May

May Awareness Weeks

ME Awareness Week

- ME/CFS Myalgic encephalomyelitis, also called chronic fatigue syndrome - is recognised as a post-viral fatigue syndrome. It is a long-term, multi-system disease that can have a devastating impact on functional ability and quality of life



Common symptoms of ME/CFS include:

- feeling extremely tired all the time – you may find it very hard to do daily activities
- still feeling tired after resting or sleeping
- taking a long time to recover after physical activity
- problems sleeping, such as waking up often during the night
- problems with thinking, memory and concentration

Living with ME/CFS

Living with ME/CFS can be difficult. Extreme tiredness and other physical symptoms can make it hard to carry out everyday activities. You may have to make some major lifestyle changes.

ME/CFS can also affect your mental and emotional health, and have a negative effect on your self-esteem.

As well as asking your family and friends for support, you may find it useful to talk to other people with ME/CFS.

[ME Association](#) is a charity that provides information, support and practical advice for people affected by the condition.

[You can find a local support group on the ME Association website](#)

15th-
21st
May

May Awareness Weeks

Dementia action week

- Dementia Action Week is Alzheimer's Society's biggest and longest running awareness campaign. Each year, they work with individuals and organisations across the UK to encourage people to 'act on dementia'.
- Learn more about dementia [here](#)
- Did you know that Alzheimer's is the most common cause of dementia in the UK? Read more about signs and symptoms of Alzheimer's disease [here](#)



22nd-
28th
May

National Epilepsy Awareness Week



- Epilepsy is still the most common, serious neurological condition in the world but it impacts each person's life in a unique and individual way.
- Epilepsy is more than seizures.

Possible symptoms include:

- Uncontrollable jerking and shaking, called a "fit"
- Losing awareness and staring blankly into space
- Becoming stiff
- Strange sensations, such as a "rising" feeling in the tummy, unusual smells or tastes, and a tingling feeling in your arms or legs
- Collapsing

For more information about epilepsy visit [Epilepsy Action here](#)

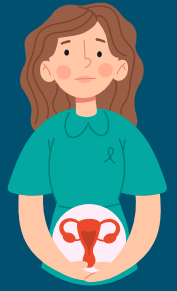
You can also read more information on our website [here](#)

May Awareness Days

8th
May

World Ovarian Cancer Day

Each year 7,400 women are diagnosed with ovarian cancer in the UK. Here you can find out what [ovarian cancer is](#), including the [different types, stages and grades](#). You can also find some facts about ovarian cancer on our website [here](#).



12th
May

International ME Awareness Day

ME/CFS Myalgic encephalomyelitis, also called chronic fatigue syndrome - is recognised as a post-viral fatigue syndrome. It is a long-term, multi-system disease that can have a devastating impact on functional ability and quality of life. Read more information and find support available [here](#)



12th
May

International nurses' day

International Nurses Day 2023 is an annual global celebration that acknowledges and celebrates the bravery and commitment of nurses worldwide. Every year there is a different theme and for 2023 it is: "Our Nurses. Our Future."
For more information on how to get involve press [here](#)



17th
May

World Hypertension Day

High blood pressure (which is also known as hypertension) rarely has noticeable symptoms; so if you have it, you're unlikely to realise it. But if untreated, it increases your risk of serious problems such as heart attacks and strokes.

Read more about hypertension signs and symptoms and the where to look for support [here](#)

