

Completely Well

Monthly Wellness Briefs

January 2025



This Month

January is Cervical Cancer Awareness Month

Cervical cancer is a disease of the cervix, which connects the uterus to the vagina in women. It was once a leading cause of cancer death for women in the U.S., but screening and prevention have reduced deaths caused by this disease. Regular Pap tests can help to diagnose causes of cervical cancer before the cancer stage.

This cancer is one of several that can be caused by infections that arise from bacteria, viruses, and parasites. HPV (human papillomavirus) is a viral infection that can be associated with the cause of cervical cancer. This is why vaccines against this virus are so important to prevent infection.

Creating Sustainable Habits

Many people make resolutions at the beginning of the year and then abandon their New Year's resolutions sometime around February 1st. Remember that a resolution need not take place at the start of a calendar New Year. Resolutions can be made throughout the year, and habits can be changed regardless of when the resolution is made. The start of the New Year for you is when you make the commitment to change.



If your resolution or goal this year is to get healthy, lose weight, run a 5k/10k/marathon, de-stress yourself, stay on budget, get organized, spend more time with family, or expand your career opportunities, then you are not alone since these are the types of goals that many people set.

These are all worthy goals, but you may have set yourself up for failure at reaching those goals before you even start working on them. Make sure that your goals are attainable and set short-term and long-term goals that you know that you can achieve. If you find yourself having trouble working toward your goal, then revisit your goal instead of abandoning it altogether. Recognize that you may need help to reach your goals and that you might have slips along the way.

Your lifestyle and wellness are made up of many habits that can create health and happiness for you or cause problems for you. Building new habits that create good, and replacing the bad habits with good habits is what making a resolution and creating a goal is all about.



**1 blood donation
can save up to**

3 lives.

National Blood Donor Month

According to the American Red Cross, winter is a difficult time to maintain a sufficient blood supply. Busy schedules and bad weather often lead to missed appointments and fewer donations. Consider donating blood this year.

Blood donations can save many lives!