

Social Media Posts Developed by Victoria Kelly

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
					<p>@ 12:00 PM It's Employee Appreciation Day! Conemaugh Health System would like to thank all of our wonderful teams!</p>  <p>@ 4:30 PM March is a month full of awareness and health days. Like and follow us for more information!</p> 	<p>@ 12:00 PM Colorectal Cancer doesn't have to be one of life's surprises. Get screened for Colorectal Cancer Awareness Month! #GetTested #ColorectalCancerAwareness https://youtu.be/EwbEqngS8PE</p> <p>@ 2:30 PM Are you over the age of 50? It's time for a screening! Get tested for Colorectal Cancer Awareness Month! #GetTested #ColorectalCancerAwareness</p> <p>If you grew up with one of these,</p>  <p>it's time to give your doctor a BOOTY CALL</p> 

5

@ 12:00 PM

It's National Save Your Vision Month! Remember the 20/20/20 rule to prevent digital eye strain. Every 20 minutes, take a 20 second break to look at something 20 feet away.

20/20/20

TO PREVENT DIGITAL EYE STRAIN

20 Second Break Every 20 Minutes At 20 Feet Away



Save Your Vision Month
Visit www.aaaopt.org for more tips!

6

@ 10:00 AM

More than 400,000 Americans are living with Multiple Sclerosis. If you have a family history, talk to your physician. To learn more about Conemaugh's MS Clinic, visit www.conemaugh.org/msclinic

@10:14 AM

You're not the only one enjoying the weather! Don't forget to check yourself for ticks after being outdoors. For more information on how to avoid ticks, go to www.cdc.gov/ticks



@ 5:00 PM

March 6 – 13 marks the National Sleep Awareness Week! Make sure to follow us for more information on what sleep can do for you or your loved ones!
#SleepBetterFeelBetter
<https://sleepfoundation.org/sleep-topics/how-blue-light-affects-kids-sleep>

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@ 12:30 PM

Multiple Sclerosis can happen to anyone, but is especially linked to family history. For more information, please visit www.conemaugh.org/msclinic

#MSAwareness

#StrongerthanMS

#MultipleSclerosis



@ 5:00 PM

An estimated one-third of Americans suffer from a sleep disorder at some point in their lives. Do you have issues sleeping? Visit our Sleep Disorders Center for more information.
#SleepBetterFeelBetter
www.conemaugh.org/services/sleep-disorder-center

8

@ 2:00 PM

Afternoon slump? We've all been there. Step away from the coffee and see how to overcome the sleepiness with these tips!

<https://sleep.org/articles/5-ways-overcome-afternoon-slump/>

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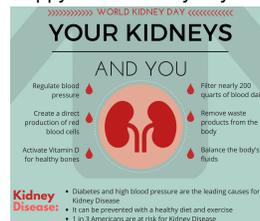
@ 12:30 PM

Don't forget your blue tomorrow! #TGIF #Colorectal Cancer Awareness



@ 1:30 PM

Happy World Kidney Day!



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@ 11:30 AM

Use National Women and Girls HIV/AIDS Awareness Day (March 10) to talk to friends about how to prevent HIV (and other STIs).
<http://go.usa.gov/cVWzj>



11

@ 12:00 PM

March is Endometriosis Awareness Month! There are still misconceptions about Endometriosis, but here are some myths to put to rest.
#endometriosis
#womenshealth
#endoawareness



@ 3:00 PM

March isn't just about clovers and good luck! Eating right and getting outside is essential to good health.
#NutritionMonth #EatGreen



12
@ 6:00 PM
When was your last night of decent sleep? If you can't remember, maybe it is time to fix that!
For more information, visit <http://www.conemaugh.org/services/sleep-disorder-center>



13
@ 12:00 PM
Today marks the first day of Brain Awareness Week!
Learn more at <http://www.dana.org/baw>
#brainweek



14
@ 12:00 PM
In honor of Patient Safety Awareness Week (March 12-18), Conemaugh Health System wants to remind you that patient safety is a two-way street.
#WorkingTogether

#HealthTips
#UnitedForPatientSafety
LET US BE YOUR PARTNER IN PATIENT SAFETY

Here are a few ways we can work together to make your care safer:

YOU ASK Questions and concerns are normal. Speak to us!	WE ANSWER Comfortable and clear communication is our goal!
YOU KNOW YOUR RECORDS Past treatments, illnesses, family history, and allergies are some essentials.	WE DOUBLE CHECK THEM We track the important stuff, too! And we always double check the right patient, procedure, and site.
YOU KNOW YOUR MEDICATIONS Names, uses, and expirations are some things to keep in mind.	WE FIND THE BEST PLAN We are here for your care and needs. We work with you to find your best care.

@ 3:30 PM
Do you or someone you know have an Autoimmune Liver Disease? Get the facts or learn more at www.liverfoundation.org

4 THINGS TO KNOW ABOUT AUTOIMMUNE LIVER DISEASES

Autoimmune Diseases of the liver include:

- Autoimmune Hepatitis (AIH)
- Primary Sclerosing Cholangitis (PSC)
- Primary Biliary Cholangitis (PBC)

They are not uncommon.
Over 23 Million Americans have an autoimmune disease

Hold the salt. Check the sugar.
Cutting salt intake can help to reduce fluid build-up. Regulating blood sugars can reduce diabetes risk.

There is no cure yet, but there are treatments
For more information, visit www.clinicaltrials.gov

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@ 2:30 PM
What is Brain Awareness Week? Check this video out to learn more!
#brainweek
<https://www.youtube.com/watch?v=5axR0-xaSw>

@ 5:30 PM
Early detection saves lives. If you're over 50 and haven't had a colonoscopy, talk with your family physician to schedule a screening.
#ColorectalCancerAwareness
<http://www.conemaugh.org/services/gastroenterology>

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@ 1:00 PM
Don't forget your blue tomorrow!
#TGIF
#ColorectalCancerAwareness

17
@ 10:00 AM
Today is the Annual Brain Awareness Fair!
Check out our St. Patrick Day themed fair in the Conemaugh Memorial Atrium from 11 am to 1 pm
#brainweek

@ 2:00 PM
Happy St. Patrick's Day!
Keep it green inside and out with these foods.

#PutYourBestForkForward

AVOCADOS -Monounsaturated fats -Vitamin E -Fiber	BRUSSEL SPROUTS -Vitamin A & C -Potassium -Folate
GREEN BEANS -Fiber -Lowers cholesterol -Stabilizes blood sugars	KIWIS -Vitamin C -Potassium -Folate -Fiber

18
@ 12:00 PM
Over 23 million Americans have an Autoimmune Live Disease. While more likely to be diagnosed in females, the disease can occur at any age and affects all ethnic groups.
For more information, visit www.liverfoundation.org

AUTOIMMUNE DISEASES

Several factors that influence autoimmune disorders

- Genetic Predisposition
- Environmental Factors
- Hormone Influence

Some facts about Autoimmune diseases:

According to National Institutes for Health, there are 23.5 million Americans who have autoimmune diseases.
Women are more affected by this than men, especially during the childbearing years when such disorders usually begin.
Ethnic background and race can affect a person's chance of having this disease.
According to American Autoimmune Related Diseases Association, autoimmune disease is one of the top 10 leading causes of death in all women up to the age of 84 years old. This targets women 75% of the time.
People exposed to environmental factors such as various viral infections, chemicals, and sunlight are susceptible to these diseases.
Family history plays a big role in patients who have autoimmune disease.
Autoimmune disease is the 4th largest cause of disability among women in U.S.

For more information, visit www.clinicaltrials.gov

@ 2:45 PM
Did you know? Vision is such a big part of everyday life that it requires half of the brain to get involved! #brainweek

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@ 1:00 PM

Get your mind moving with some healthy snacking!
#brainweek #nutrition
#NationalNutritionMonth
#PutYourBestForkForward



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@ 1:00 PM

#Endometriosis #EndoMarch



22

@ 12:00 PM

For Nutrition Month, make the most out of your meals! Give new flavor and energy to your diet by adding some green to your dishes.

#nutrition
#PutYourBestForkForward
#NutritionMonth
#eatyourgreens

This pasta dish is packed with more vegetables than you think. For the recipe, go to

<http://bit.ly/2m6AhZA>



@ 12:30 PM

How much sleep do we really need?
Ages 14-17: Sleep widened by one hour to 8-10 hours (previously 8.5-9.5)
Ages 18-25: Sleep range is 7-9 hours
Ages 26-64: Sleep range does not change, and remains at 7-9 hours
Ages 65+: Sleep range is 7-8 hours
Make sure you're getting your recommended hours of sleep to be able to feel and perform your best!

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Don't forget to wear your blue tomorrow!

#TGIF
#ColorectalCancerAwareness



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@ 2:00 PM

#MSAwareness
#StrongerthanMS
#MultipleSclerosis



26

@ 2:00 PM

#EndEndo #Endometriosis



27

@ 1:00 PM

Keep your vision strong and clear! Remember the 20/20/20 rule to prevent digital eye strain. Take a 20 second break every 20 minutes by looking at something 20 feet away.



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@ 1:00 PM

t's American Diabetes Alert Day! Find out if you're at risk with the Type 2 Diabetes Risk Test.
 #DiabetesDay
 #diabetes
 #DiabetesType2
 #DiabetesAwareness
<http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>

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@ 12:00 PM

It's the last Blue Friday of March this week! Don't forget to show your Colorectal Cancer Awareness colors.
 #TGIF
 #ColorectalCancerAwareness



30

@ 12:00 PM

Thank you to all Conemaugh Health System Physicians for the care you provide to our patients!
 Happy National Doctor's Day!



@ 2:00 PM

We want to say 'thank you' to our physicians and surgeons.
 Happy National Doctor's Day!



@ 6:00 PM

Today may be the official day for celebrating physicians and surgeons, but there is never a bad time to show appreciation for our team.



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@ 10:30 AM

With March coming to a close, our staff continues to spread awareness about Colorectal Cancer by wearing blue!

