



AUGUST 2026

DID YOU KNOW?

It's easy to lose sight of health-related issues as we focus on the end of summer break and the beginning of a new school year. So, here's a quick look at three important health-and-wellness topics trending this month.



August is National Minority Donor Awareness Month. NMDAM helps to raise awareness of organ donation among communities of color, which make up 60% of the 100,000-plus people on the U.S. transplant waitlist.



A 2023 study published in *Circulation*, the American Heart Association's journal, predicted cardiovascular-disease deaths related to extreme heat – such as in August – may more than double over the next two decades.



This year's theme for Healthy Vision Month, "Healthy Lives, Healthy Eyes," raises awareness about the need to make healthy choices for your overall health that can protect your eye health, too.

