



## News Release

### FOR IMMEDIATE RELEASE

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### MEDIA CONTACT

Jennifer Mackethan

[Jennifer.Mackethan@TrilliumNC.org](mailto:Jennifer.Mackethan@TrilliumNC.org)

1-866-998-2597

### **Trillium Recognizes Awareness Months for Cystic Fibrosis, Asthma, and Physical Fitness**

*Helps promote whole person management of health care*

**GREENVILLE, NC**-Trillium Health Resources recognizes Cystic Fibrosis Awareness Month, National Allergy and Asthma Awareness Month, and National Physical Fitness and Sports Month throughout May. Taking assessments of mental along with physical health helps drive healthy habits to control diagnoses like Cystic Fibrosis (CF) and asthma.

The focus of Cystic Fibrosis Awareness Month is to educate the public about the rare and sometimes invisible disease. In the United States, CF affects more than 30,000 children and adults. While there is no cure for CF, treatment generally involves medication, physiotherapy, daily exercise, and a nutritious diet. The Cystic Fibrosis Foundation offers [shareable resources](#) to raise awareness for this genetic disease.

The Asthma and Allergy Foundation of America (AAFA) also dedicates May to help bring attention to the more than 60 million Americans who have asthma and allergies. This year's theme, [#morethanasthma](#) shows that allergies and asthma may be a physical condition that defines every aspect of a person's life, but not who they are.

National Physical Fitness and Sports Month reminds everyone to make physical health a priority. The President's Council on Sports, Fitness, and Nutrition encourages everyone to [#MoveinMay](#). Regular physical activity increases the chance to live a long and healthy life. It also reduces the risk for high blood pressure, heart disease, and some types of cancer. Exercise is also one of the most effective ways to improve your mental health.

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Trillium is available 24-hours a day, seven days a week at 1-877-685-2415 for anyone concerned about a potential mental health illness, need of treatment for a substance use disorder, or requires services for intellectual/developmental disabilities. The public can also visit our website at [www.TrilliumHealthResources.org](http://www.TrilliumHealthResources.org) to search for a provider and learn more about services available.

For anyone wishing to show support in other ways, some ideas are:

- Get involved with the [Cystic Fibrosis Foundation](#) on social media to help others learn about the disease and share a personal story.
- Take a picture to show how you are #morethanasthma and upload your image to [AAFA's online asthma community](#).
- Get out, get active and show how you [#MoveinMay](#)
- Follow us on [Facebook](#) for local events and organizations dedicated to these causes.

### **ABOUT TRILLIUM HEALTH RESOURCES**

Trillium Health Resources is a leading specialty care manager (LME/MCO) for individuals with substance use, mental illness and intellectual/developmental disabilities in 26 counties in eastern North Carolina. Trillium's mission is to transform the lives of people in need by providing them with ready access to quality care. We take a person-centered approach to health and well-being, coordinating care across multiple systems to achieve improved health outcomes, quality of care and efficient use of resources. Trillium is investing in innovation to meet the unique needs of the individuals and communities we serve, and remains focused on delivering the right services, in the right amount, at the right time. For more information, visit [www.TrilliumHealthResources.org](http://www.TrilliumHealthResources.org).

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