



A Wellness Newsletter for AvMed Members

# Road to **WELLfluent**<sup>TM</sup>

Embrace better health.

## Trending this Month: Men's Health

Did you know June is Men's Health Month? This is the time to raise extra awareness and promote facts to men around the world. Education, early detection, and regular check-ups could save lives with so many preventable health issues facing men.

June might just be the perfect month to consider a men's urology health tune-up. Education, early detection and regular check-ups could save lives with so many preventable health issues facing men. But not all screenings are recommended for all men.

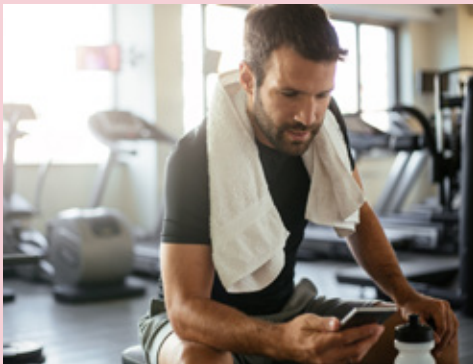
PSA is one screening that you should talk to your doctor about before you have it done. Men between the ages of 55–69 benefit most from prostate cancer screening and should talk to their doctor about whether PSA testing is right for them. Why would all men not want this type of screening, especially if you are older than 69?

A normal PSA result may miss prostate cancer (a "false negative" result). Sometimes the test results suggest something is wrong when it isn't (a "false positive"). This can cause



unnecessary stress. A "false positive" PSA result may lead to an unnecessary prostate biopsy. Learn more about PSA screening and other related prostate health facts with the Prostate Health Playbook. **Prostate Health Playbook - Urology Care Foundation ([urologyhealth.org](http://urologyhealth.org))**

## Give DAD the Gift of Wellness



A good Father's Day gift can encourage good health -- and still be fun too. Over the years, the Father's Day gift has become synonymous with the impersonal and the uninspiring -- the tie, the socks, the bottle of cheap aftershave to add to the unopened collection maturing beneath the bathroom sink. So come June, every American with a father who wants to do something different traipses through the mall and struggles to come up with a new answer to the annual question: What can I get my dad for Father's Day that is not a tie, nor socks, nor aftershave? Well, why not give him a healthy Father's Day gift this year? What about something that might make him feel better, either physically or mentally? Plenty of Father's Day gifts can be fun but also encourage a healthy lifestyle. Click here for a few ideas. <https://www.menshealth.com/fitness/g19518574/best-fitness-fathers-day-gifts-for-men/>

AvMed Members are eligible for a discounted membership, through Active&Fit Direct<sup>®</sup>, that gives you access to local gyms and fitness centers in your area, and to 1,500+ on-demand workout videos online. Plus, you can receive one-on-one lifestyle coaching in other subjects about healthy living, such as nutrition. Log into your Member portal and click on "Health & Wellness" to learn more.

# National Recreation and Park Association's (NRPA) Family Health & Fitness Day.

Celebrated the second Saturday in June each year — promotes the importance of parks and recreation in keeping communities healthy. Organizations everywhere are encouraged to participate by inviting families to get active at their local park or recreation center, or by hosting an event, such as a health fair or family fun run, on June 13. Members of the healthcare community are encouraged to participate, as well, even as sponsors.

Various research studies are confirming that community parks and recreation, green space and time outdoors is critical for creating healthy, active and sustainable communities. You can experience the benefits by visiting your community parks and recreation any time of the year, and especially on Family Health & Fitness Day.

Here are NRPA's top five ways to get fit with parks and recreation on your website, social media channels and promotional materials:

- 1. Take a Walk**
- 2. Go for a Swim**
- 3. Enroll in a Fitness Program**
- 4. Create Your Own Exercise Routine**
- 5. Play Outside**



We believe that many parks, trails and open spaces can continue to be used in a safe manner that allows people to enjoy the mental and physical health benefits these spaces provide. In all instances, we recommend people follow local, state and national ordinances and guidelines regarding the use of these spaces and recognize that these vary from community to community. For additional information, visit [www.nrpa.org/familyfitness](http://www.nrpa.org/familyfitness)

## Wellness Tips and Tools: June is Summer Safety Month



In 1996, the National Safety Council (NSC) established June as National Safety Month in the United States. The goal of Summer Safety Month is to increase public awareness of the leading safety and health risks that are increased in the summer months to decrease the number of injuries and deaths at homes and workplaces.

Anyone can be at risk for a heat-related illness. Follow these summer safety tips, like taking extra breaks and drinking lots of water. Moderating your exposure to heat goes beyond reapplying sunscreen and covering up. You will want to take extra steps to avoid being outside for long periods in the sun and heat, especially during the peak hours of strongest ultraviolet (UV) rays, during the hours of 10 am to 4 pm.

The following are summer safety tips to keep you and your family safe and out of the emergency room!

- 1. Stay Hydrated**
- 2. Protect your skin**
- 3. Water Safety: Remember to always have adult supervision for children**
- 4. Eye Safety**
- 5. Sports Safety**

Source: **June is Summer Safety Month | Community Health of Central Washington (chcw.org)**

# To Your Health:

## June is National Migraine and Headache Awareness Month



For most migraine patients, every month is an endless battle against their complex and debilitating disease. However, to the broad public, June is National Migraine and Headache Awareness Month (MHAM). Geared towards raising recognition and addressing disease stigma, MHAM seeks to build a stronger community of patient advocates.

In navigating pain, sensory abnormalities, dizziness, and brain fog, migraine patients are additionally burdened with invisibility. Those who suffer from chronic headaches don't seem obviously sick, besides to people who know them closely. Consequently, it can be difficult for others to empathize with an illness they cannot see. Furthermore, migraine pains are often reduced by dismissive comments that distill the complexity of chronic disease down to the simple solution of taking Excedrin or Advil.

This year is specifically significant for headache patients considering that the COVID-19 pandemic has coincided with a 70% rise in migraine attacks. Despite pandemic-related effects on headache illnesses, telemedicine has been able to accommodate the majority of migraine patients, which has brought light to a new era of accessible migraine patient care. This month provides a perfect opportunity to familiarize yourself with this invisible, stigmatized disease that dramatically affects one's quality of life. For more information visit: <https://headaches.org/resources/#headache-tools>

### ACTIVITY CORNER

#### June Events

Date	Time	Location	Event	Description
Sunday June 5, 2022	6 pm	5724 Sunset Drive, Miami, Florida 33143	South Miami Hospital Twilight 5K	The South Miami Hospital Twilight 5K is a race and block party rolled into one. The course winds through the quiet South Miami neighborhood adjacent to FootWorks, then ends near Town Kitchen & Bar at a block party with music, food, Concrete Beach beer (for 21 and older), kids zone, kiddie dash, and souvenir shirts in all sizes to fit the kids, mom, and even dad. <a href="http://teamfootworks.org/south-miami-hospital-twilight-5k/">http://teamfootworks.org/south-miami-hospital-twilight-5k/</a>
Sunday, June 19, 2022	6 am	Fort DeSoto Park 3500 Pinellas Bayway Street, Petersburg, FL 33715	Fort DeSoto Trilogy	This course and race series is one of Florida's favorites. In one race season you have 3 races with the exact same distances and stunning location to test your training. Proudly brought to you by Integrity Multisport™. When you race, be sure that you "Race with Integrity™". <a href="https://fortdesototrilogy.com/">https://fortdesototrilogy.com/</a>
Saturday, June 25, 2022	8 am	Christ Episcopal Church, 400 San Juan Drive and Solana Road, Ponte Vedra Beach, FL 32082	13th Annual Big Bang 5K Ponte Vedra Beach, FL	The 13th Annual Big Bang 5K is contested on the flat fast roads along the golf course and fancy houses of Ponte Vedra Beach. <a href="https://bigbang5k.itsyourrace.com/event.aspx?id=1794">https://bigbang5k.itsyourrace.com/event.aspx?id=1794</a>

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