

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

Embrace better health.

## What Can I Do to Reduce My Risk of Skin Cancer?

Protection from ultraviolet (UV) radiation is important all year round, not just during the summer or at the beach. The UV rays from the sun can burn you just as badly on cloudy and hazy days as it does on bright and sunny days as well as can reflect off surfaces like water, cement, sand and snow. Indoor tanning (using a tanning bed, booth or sunlamp to get tan) also exposes users to UV radiation.

The hours between 10 am and 4 pm Daylight Saving Time (9 am to 3 pm Standard Time) are the most hazardous for UV exposure in the continental United States. During the late spring and early summer UV rays are the strongest in North America.

The CDC (Center for Disease Control and Prevention) recommends these simple steps for protection from UV radiation—

- Stay in the shade, especially during midday hours.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim to shade your face, head, ears and neck.
- Wear sunglasses that wrap around your eyes and block both UVA and UVB rays.
- Use sunscreen with a sun protection factor (SPF) of 15 or higher, and has both UVA and UVB (broad spectrum) protection.
- Avoid indoor tanning.
- Download a phone app like EPA's Sunwise UV Index, or something similar, which provides a daily and hourly forecast of the expected intensity of UV radiation from the sun.



Source: [www.cdc.gov/cancer/skin/basic\\_info/prevention.htm](http://www.cdc.gov/cancer/skin/basic_info/prevention.htm)

## Health and Wellness Gifts for Mom

On this Mother's Day, give Mom the gift of health, fitness and well-being. No matter what age group the moms on your Mother's Day list fall into, these gifts never go out of style and are the best ways to appreciate any mom – especially Mother's Day. Here's a list of gifts to give any mom.

Visit: [http://womensrunning.competitor.com/2018/04/gifts/mothers-day-gift-guide\\_88029](http://womensrunning.competitor.com/2018/04/gifts/mothers-day-gift-guide_88029).

## May is National Stroke Awareness Month



Every 40 seconds, someone in the United States has a stroke, making it the fourth leading cause of death in the US. A stroke, sometimes called a brain attack, occurs when a blockage stops the flow of blood to the brain or when a blood vessel in or around the brain bursts. Strokes happen to people of all ages. Nearly a quarter of all strokes occur in people younger than age 65. Strokes often lead to serious, life-changing complications such as:

- Paralysis or weakness on one side of the body
- Problems with thinking, awareness, attention, learning, judgment and understanding or forming speech
- Difficulty controlling or expressing emotions
- Numbness, strange sensations, and/or pain in the hands and feet

To learn how to spot, and prevent, a stroke from happening, please visit: [www.cdc.gov/stroke/stroke\\_awareness\\_month.htm](http://www.cdc.gov/stroke/stroke_awareness_month.htm)

## Asthma and Allergy Awareness



People who suffer from asthma and allergies often experience noticeable physical symptoms during this month. An awareness campaign in May is an appropriate time to educate friends, family, co-workers, Members and the public about asthma and allergies.

Taking early action, which in many cases may be preventative action, can improve the quality of life of asthma and allergy sufferers. Millions of people in the United States have asthma which

can cause wheezing, breathlessness, chest tightness and coughing. Although asthma cannot be cured, it is possible to manage asthma to reduce and prevent asthma attacks, also called episodes. Tips for successful asthma management include:

- Knowing the warning signs of an attack.
- Avoiding things that may trigger an attack.
- Following the advice of your healthcare provider.
- Creating a personal asthma management plan.
- Using your asthma medicine as prescribed.

To learn more about how you can control your asthma, visit CDC's asthma site: [www.cdc.gov/asthma/world\\_asthma\\_day.htm](http://www.cdc.gov/asthma/world_asthma_day.htm) or [www.aafa.org/](http://www.aafa.org/)



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## National Nurses Week



National Nurses Week begins on May 6th and ends May 12th, Florence Nightingale's birthday. This year's Nurses Week honors the noble profession of nursing, not only in the United States, but across the world. This week, like every week, more than 20 million nurses will be practicing the time-honored nursing values of caring, compassion, community and courage.

**Source:** [www.nursingworld.org/education-events/national-nurses-week/](http://www.nursingworld.org/education-events/national-nurses-week/)

## Get a Jumpstart to Healthier You!

This is the perfect time to improve your health. So why not get a jumpstart to a healthier you by visiting AvMed's website to complete your Personal Health Assessment (PHA). This user friendly online tool helps you understand your current health status, identify potential health risks and set realistic improvement goals based on your specific needs. By completing this confidential questionnaire, you will receive a personalized scorecard including recommendations and resources to help you target possible risk and alleviate health care costs. Ready to get started? Visit **AvMed.org**. **Scroll down and click Take your PHA.** Congratulations for taking this important step toward a healthier you!



## MAY EVENTS

Date	Time	Event	Location	Description
<b>Saturday May 5, 2018</b>	8 am and 12 pm	<b>Inflatable Run</b>	Hard Rock Stadium	Are you looking for the greatest family event near Miami that offers non-stop entertainment for the whole family? Then let us introduce you to The Inflatable Run & Festival. A fun family event featuring a kid-friendly 1 mile / 5K inflatable obstacle course, free family activities, live entertainment, thrilling inflatable attractions, delicious food truck vendors and many more fun surprises. <a href="http://www.theinflatable.run.com/miami/">www.theinflatable.run.com/miami/</a>
<b>Saturday May 19, 2018</b>	7 am	<b>Doctors Hospital 23rd Annual Tour of the Gables 5K / 10K</b>	Coral Gables City Hall 405 Biltmore Way Coral Gables, FL 33134	Join Doctors Hospital and the Coral Gables Chamber of Commerce for this annual 5K/10K run/walk (a timed event) through historic and residential Coral Gables! The course will take you on the scenic route throughout the beautiful city, beginning and ending at City Hall (405 Biltmore Way). <b>3rd-annual-tour-of-the-gables-5k-10k-registration-42914017983?aff=erelexpmlt</b>



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