

Road to **WELLfluent**TM

Embrace better health.

June is Men's Health Month!

Men's health month, leading up to Father's Day and beyond, is a reminder for men to take care of themselves and make their health a priority. For most men preventing health problems is not just a personal issue, but a family issue, due to the impact on partners, mothers, daughters and sisters.

Take the First Step

Men can take the first step and make sure all of their preventive care screenings are completed and up to date. Colon cancer screenings, wellness visits with blood pressure checks and vaccinations are critical to staying healthy and active. Men with chronic conditions such as diabetes should also make condition specific testing related to ongoing blood sugar control, (Hemoglobin A1c) and kidney function, as well as diabetic eye exams a priority.

Eat Healthy

Make nutrition a part of your daily routine by eating a variety of fruits and vegetables every day. They have many vitamins and minerals that may help prevent or delay the development of chronic diseases. Also, remember to limit food and drinks high in calories, sugar, salt, saturated fat and alcohol.

Check Those Numbers

Cardiovascular disease can have a major impact on a man's quality of life and longevity. Men should keep track of their numbers such as blood pressure, blood glucose, cholesterol, body mass index (BMI) and waist circumference. If numbers are too high or too low, their doctor or nurse can explain what they mean and make suggestions to get them to a healthier range.

Eliminate Tobacco Use

Everyone should eliminate tobacco use, which can have immediate and long-term benefits. Tobacco cessation improves health as well as lowers risk of heart disease, many types of cancer, lung disease and other illnesses.



Get Moving

Men should also make it their business to get a decent amount of exercise. Adults need at least 2 ½ hours of moderate-intensity aerobic activity every week, and muscle strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) on two or more days a week.

These are just some of the ways men can take action. It's never too early or late to work toward staying healthy! To learn more, visit the Centers for Disease Control and Prevention at <https://www.cdc.gov/family/nmhw/index.htm>

Father's Day Health and Fitness Gifts

A good Father's Day gift can encourage good health – and still be fun too. Obviously, getting some physical activity is good for people of any age, so use your Father's Day gift to encourage your dad to get moving. Even if he's fallen out of the habit of exercising regularly, a new piece of equipment might be just the thing to inspire your father to start up again. Plenty of Father's Day gifts can be fun but also encourage a healthy lifestyle. Here are a few ideas, visit <https://www.webmd.com/men/features/fathers-day-fitness-gifts#1>

What is a Migraine?

According to the National Headache Foundation, a Migraine is a chronic and episodic disorder, characterized by headache attacks that are:

- Recurrent headaches lasting 4-72 hours
- One-sided, pulsating, moderate-to-severe pain
- Reducing the ability to function in everyday situations

Associated Symptoms: Often two of these three key associated symptoms are also present during an attack:

- Nausea and/or vomiting
- Sensitivity to light (called Photophobia)
- Sensitivity to sound (called Phonophobia).

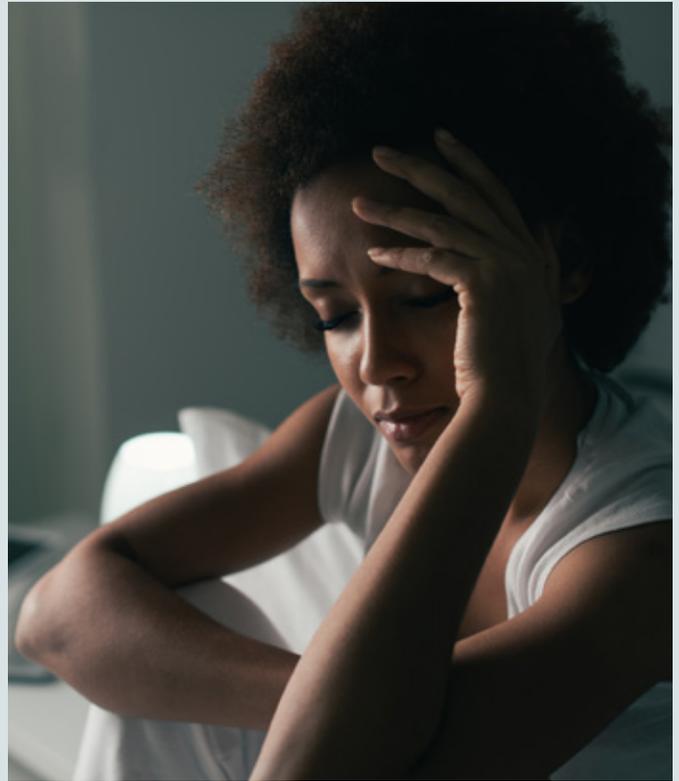
Migraines Are Very Common – You Are Not Alone.

Migraine headaches affect nearly 30 million people in the US:

- 12% of people 12 years and older
- More common in women (17% vs. 6% in men)
- Nearly 25% of migraine sufferers frequently lose time at work, home or in social settings due to migraines
- More than 50% of sufferers have difficulty functioning or require bed rest during a headache attack

What are the available options for treatment?

- Treat at the first sign of an attack — don't wait!
- Keep medications with you when you go out or travel.
- Consider preventive therapy if you have frequent or severe attacks.



For lists of potential triggers and more information about managing and treating your migraine, you can visit www.headaches.org. Speak to your health care professional about all your treatment options.

Source: <https://headaches.org/resources/your-migraine-your-symptoms-what-you-need-to-know/>

National Cancer Survivors Day

Each June, cancer survivors celebrate National Cancer Survivors Day, sponsored by the National Cancer Survivors Day Foundation. The event, which includes hundreds of life-affirming gatherings across the US, is a time for the more than 15.5 million cancer survivors in the US to celebrate life. Whether you're still in treatment or long since finished, there are many ways to continue to take care of yourself as a cancer survivor. Eating right, getting regular physical activity and getting recommended cancer screenings are an important part of that equation. Find out more about what you can do stay well after cancer by visiting www.cancer.org



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First Aid, CPR and AED Training

The biggest or greatest benefit of knowing CPR is that it gives you the unique and useful gift of being able to save lives. CPR certification gives you the ability to save the lives of those who have just suffered from a heart attack or a sudden cardiac arrest. If those present at the scene are able to provide CPR to the victim promptly, the person's chances of survival are significantly increased. This is because time is the essence when treating a cardiac arrest victim. Once the heart stops beating and blood flow stops, a person will lose consciousness within 15 seconds. For more information on CPR & AED Certification visit: http://cpr.heart.org/AHA/ECC/CPRECC/FindACourse/UCM_473162_Find-A-Course.jsp



JUNE EVENTS

Date	Time	Event	Location	Description
Sunday June 3, 2018	6 pm	South Miami Hospital Twilight 5K	5724 Sunset Drive, Miami, Florida 33143	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, refreshments, kids zone, kiddie dash and souvenir shirts in all sizes to fit the kids, mom and even dad. http://teamfootworks.org/south-miami-hospital-twilight-5k
Saturday Jun 9, 2018	7 am	Yoga & Jazz 5K	Depot Park 200 SE De-pot Ave Gainesville, FL 32601	Basketball legend, and NBA all-time leading scorer, Kareem Abdul-Jabbar will greet you at the 2018 Yoga & Jazz 5K at Depot Park. You don't want to miss this historical event for the entire family. At 7 am, Mr. Abdul-Jabbar will greet yogis, runners and walkers during the Sunrise Yoga class as the sound of LIVE JAZZ fills Depot Park. At 8 am, Mr. Abdul-Jabbar will give the hundreds of 5K participants a "pep talk" that will put them on their mark, get ready set...GO! Create teams and register early! http://yogajazz5k.itsyourrace.com/event.aspx?id=10692

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