

Road to **WELLfluent**™

Embrace better health.

Keep Your Cool in Hot Weather

Learn about heat-related illness and how to stay cool and safe in hot weather.

Now is the time to prepare for the high temperatures that kill hundreds of people every year. Extreme heat caused 7,415 heat-related deaths in the United States from 1999 through 2010. Heat-related deaths and illness are preventable, yet many people die from extreme heat each year.

Take measures to stay cool, remain hydrated and keep informed. Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off. The main things affecting your body's ability to cool itself during extremely hot weather are:

- **High humidity.** When the humidity is high, sweat won't evaporate as quickly, which keeps your body from releasing heat as fast as it may need to.
- **Personal factors.** Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn and prescription drug and alcohol use can play a role in whether a person can cool off enough in very hot weather.

Those who are at highest risk include people 65 and older, children younger than two and people with chronic diseases or mental illness. Closely monitor people who depend on you for their care and ask these questions:

- Are they drinking enough water?
- Do they have access to air conditioning?
- Do they need help keeping cool?

People at greatest risk for heat-related illness can take the following protective actions to prevent illness or death:

- Stay in air-conditioned buildings as much as possible. Contact your local health department or locate an air-conditioned shelter in your area. Air-conditioning is the number one protective factor against heat-related illness and death. If a home is not air-conditioned, people can reduce their risk for heat-related illness by spending time in public facilities that are air-conditioned, and using air conditioning in vehicles.
- When you can't be in air-conditioned buildings consider the following recommendations:
 - Do not rely on a fan as your primary cooling device during an extreme heat event.



- Check on friends or neighbors and have someone do the same for you
- Don't use the stove or oven to cook—it will make you and your house hotter.
- Take a cool shower or bath
- Wear loose, lightweight clothing
- Never leave children or pets alone in a car and use reminders so that you do not forget a sleeping child is in the back seat.
- Check the local news for health and safety updates.

If you play a sport or work outdoors during hot weather protect yourself and look out for your teammates:

- Schedule outdoor activities earlier or later in the day when the temperature is cooler and pace yourself
- Drink more water or sports drinks than usual
- Monitor others' condition, and have someone do the same for you
- Seek medical care immediately if anyone has symptoms of heat-related illness.

<https://www.cdc.gov/family/nmhw/index.htm>

Keep Kids Safe this Summer

We all want to keep our children safe and secure and help them live to their full potential. Knowing how to prevent leading causes of child injury, like drowning, is a step toward this goal.

When most of us are enjoying time at the pool or beach, injuries aren't the first thing on our minds. Yet, drowning's are a leading cause of injury death for young children ages 1 to 14, and three children die every day as a result of drowning. In fact, drowning kills more children 1-4 than anything else except birth defects. Thankfully, parents can play a key role in protecting the children they love from drowning.

Key Prevention Tips

Learn life-saving skills.

Everyone should know the basics of swimming (floating, moving through the water) and cardiopulmonary resuscitation (CPR).

Fence it off.

Install a four-sided isolation fence, with self-closing and self-latching gates, around backyard swimming pools. This can help keep children away from the area when they aren't supposed to be swimming. Pool fences should completely separate the house and play area from the pool.

Make life jackets a must.

Make sure kids wear life jackets in and around natural bodies of water, such as lakes or the ocean, even if they know how to swim. Life jackets can be used in and around pools for weaker swimmers too.

Be on the lookout.

When kids are in or near water (including bathtubs), closely supervise them at all times. Because drowning happens quickly and quietly, adults watching kids in or



near water should avoid distracting activities like playing cards, reading books, talking on the phone and using alcohol or drugs.

Dry and Secondary Drowning: The Signs Every Parent Needs to Know

Most parents think the risk of drowning ends when their child exits the pool or reaches the shoreline. However, danger can linger even after a child's swim time is over. Although rare, dry and secondary drowning incidents can occur anytime up to 24 hours later.

Treat dry or secondary drowning as a medical emergency. If you or someone you know starts exhibiting these signs, go to the hospital. Your physician can determine if airways are blocked, water is in the lungs or oxygen levels are low. Once diagnosed, a physician will be able to provide the best treatment to restore your health.

Source: <https://www.cdc.gov/safecchild/drowning/>



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SKIN CANCER AWARENESS

Sun Safety Tips

Exposure to ultraviolet (UV) rays causes most cases of melanoma, the deadliest kind of skin cancer. **To lower your skin cancer risk, protect your skin from the sun and avoid indoor tanning.** Plan your sun protection using these tips:



- Seek shade, especially during late morning through mid-afternoon.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim that shades your face, head, ears and neck.
- Wear sunglasses that block both UVA and UVB rays.
- Use sunscreen daily with SPF 15 or higher (SPF 30) when planning a longer exposure, both must be UVA and UVB (broad spectrum) protection.
- Remember to reapply sunscreen at least every two hours and after swimming, sweating or toweling off.

Fast Facts About Skin Cancer

- Skin cancer is the most common cancer in the United States, and includes different types.
- Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes.
- Even if it's cool and cloudy, you still need protection. UV rays, not the temperature, do the damage.
- Anyone can get skin cancer, but some things put you at higher risk.
- Indoor tanning exposes users to two types of ultraviolet rays, which damage the skin and can lead to cancer.
- your skin, such as a new growth, a sore that doesn't heal or a change in a mole- seek medical advice for any changes you or a loved one notice and get a regular skin exam from a medical professional

Source: <https://www.cdc.gov/cancer/dcpc/resources/features/SkinCancer/>

Independence Day 2018



A day filled with great food, good friends and brilliant fireworks! It's America's annual birthday party and everyone is invited. It's also an opportunity to declare our independence from the typical high calorie, high-fat (and often boring) picnic fare and begin some new summertime traditions. Try this recipe this year:

Red, White, & Blueberry Caprese Salad

Ingredients:

- 1 pint blueberries
- 1 pint cherry tomatoes
- 1/2 – 1 cup fresh mozzarella balls (ciliegine or perline size)
- 1/2 cup fresh basil, thinly sliced
- drizzle of olive oil
- pinch of salt
- salad greens (optional)

Directions:

Thinly slice fresh basil and toss in a bowl with blueberries, tomatoes, and mozzarella. Drizzle with olive oil and a pinch of salt, and toss to combine. Doesn't get easier than that. (To mix it up a bit, you can serve it tossed in a bed of greens.)

Source: <http://www.dailygarnish.com/2014/07/red-white-and-blueberry-caprese-salad.html>



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July is National Park & Recreation Month

National Park and Recreation Month is a time to promote the benefits of healthy, vibrant communities. It is a time to recognize the importance of parks and recreation in establishing and maintaining quality of life and in contributing to the physical, economic, and environmental well-being of communities. Today, the average American spends 93% of their life indoors – 87% in buildings and 6% in vehicles.

Celebrating National Park and Recreation Month is a great way to spend more time outdoors in parks which were created to give everyone a place to exercise, socialize, and enjoy nature – which improves overall health. Visit <https://www.nrpa.org/> for more information.

JULY EVENTS

Date	Time	Event	Location	Description
Wednesday July 4, 2018	9 am first wave	Gainesville Firecracker 5K	1404 NW 122nd St Gainesville, FL US 32605	What's a good way to celebrate the 4th of July? Participate in the Firecracker 5K! From hills to dumpster dives to the bottom of a mud pit, the Firecracker 5K will put your endurance and strength to the test. Did we mention we will have other activities (costume contest, food, etc.)? So come and ring in Independence Day by putting on your game face. https://runsignup.com/Race/FL/Gainesville/GainesvilleFirecracker5k?aff_token=vkmwDmweQ4iCYn8otS00nKQ3vC08bu0w
Sunday July 15, 2018	6:30 am	Mack Cycle Key Biscayne Trilogy	Marine Stadium, Key Biscayne, Miami, Florida	Be a part of the oldest triathlon series in South Florida, the 15th annual Mack Cycle Trilogy Sprint Triathlon/Duathlon and International Distance Triathlon. The Mack Cycle Trilogy Series will be taking place at the newly renovated Miami Marine Stadium. All of the swimmers out there will be thrilled to hear that we will be featuring an Atlantic Ocean swim that is also protected. Get ready to set some personal records. The bike course features the Rickenbacker Causeway bridge. Make sure you begin incorporating some incline training into your workouts to get ready for this challenge. The run course will feature a flat course, just make sure you're paying attention to your nutrition as we will most than likely to be racing in temperatures in the mid 80's. http://www.triathlontrilogy.com/general-info

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