

Road to **WELLfluent**™

Embrace better health.

Happy National Stress Awareness Day!

This year, sit back and chill out on Tuesday, April 16, 2019 for National Stress Awareness Day.

Why National Stress Awareness Day?

With April designated as National Stress Awareness Month, April 16 (the day after Tax Day) is a special day set aside for Americans to be aware of just how stressed they may have become!

Whether it's struggling to finish your taxes, dealing with a high-stress job, or juggling multiple tasks every day -- taking a breath every once in a while is the best thing you can do for your overall health, say experts.

How does stress play a harmful part in our daily lives? It's often felt in a tightening of the muscles, increased blood pressure, headaches, dizziness and dry mouth.

In fact, studies show that severe stress has a direct correlation with heart disease, depression and a general lowering of the immune system which, in turn, opens the body up to many other diseases.

The simple cure? Chill out! And don't let everyday stressors get to you. For some, it only takes a timely reminder to breath -- have a laugh, and relax.

For others it requires a daily affirmation that stress won't get the better of them! Sure, stress will always be a part of our lives, so it's even more important to keep in mind the various ways to cope. And what better way to start de-stressing than on National Stress Awareness Day?

De-stress -- How to celebrate Stress Awareness Day

- Treat yourself. While junk food isn't often recommended as the antidote for anxiety, there are a handful of immune-boosting desserts made with fresh blueberries, strawberries, honey, and whole grains that make for a wonderful daily indulgence. Even chocolate has its health benefits when consumed in moderation.
- Exercise. A good jog around the neighborhood or a workout session at the gym will get those "feel good"



chemicals called endorphins pumping in your brain that lend a feeling of relaxation and well-being.

- Meditate. Simply taking time to collect your thoughts will often lead to increased energy and stamina to get you through a hectic, stressful day.
- Get enough rest. Feeling like you're ready to take on the world after a long, restful sleep? You're not far off. Cells are regenerated and harmful invaders (like cancer cells) are destroyed while we sleep and leaves us feeling thoroughly de-stressed and rejuvenated.
- Pet your dog. Or it may be a cat, a parakeet -- or any other pet. Science shows that the unconditional love that pets freely give helps us to de-stress, and has powerful effects on lowering our blood pressure.

Above all, be aware of the people or events that habitually cause stress in your daily life. Just knowing the usual triggers may go a long way in helping to avoid them -- so you can lead a more fulfilling, happier, and healthier life.

As the old, wise man once said... "Don't sweat the small stuff, and remember that it's all small stuff."

Enjoy the day! Source: www.chiff.com

What Is Parkinson's?

Parkinson's disease (PD) is a neurodegenerative disorder that affects predominately dopamine-producing ("dopaminergic") neurons in a specific area of the brain called substantia nigra.

Symptoms generally develop slowly over many years. The progression of symptoms differs from person to person due to the diversity of the disease. People with PD may experience:

Tremor, mainly at rest and described as pill rolling tremor in hands. Other forms of tremor are possible

- Bradykinesia
- Limb rigidity
- Gait and balance problems

The cause remains largely unknown. Although there is no cure, treatment options vary and include medications and surgery. While Parkinson's itself is not fatal, disease complications can be serious. The Centers for Disease Control and Prevention (CDC) rated complications from PD as the 14th cause of death in the United States.

The first step to living well with Parkinson's disease is to understand the disease and the progression.

It is possible to have a good to great quality of life with PD. Working with your doctor and following recommended therapies are essential in successfully treating symptoms by using dopaminergic medications. People with PD need this medication because they have low levels or are missing dopamine in the brain, mainly due to impairment of neurons in the substantia nigra.

It is important to understand that people with PD don't start experiencing symptoms until later in the course of the disease because a significant amount of the substantia nigra neurons have already been lost or impaired. Lewy bodies (accumulation of abnormal alpha-synuclein) are found in substantia nigra neurons of PD patients.

Scientists are exploring ways to identify biomarkers for PD that can lead to earlier diagnosis and more tailored treatments to slow down the disease process. Currently, all therapies used for PD improve symptoms without slowing or halting the disease progression.



In addition to movement-related ("motor") symptoms, Parkinson's symptoms may be unrelated to movement ("non-motor"). People with PD are often more impacted by their non-motor symptoms than motor symptoms. Examples of non-motor symptoms include: apathy, depression, constipation, sleep behavior disorders, loss of sense of smell and cognitive impairment.

In idiopathic Parkinson's disease, progression tends to be slow and variable. Doctors often use the Hoehn and Yahr scale to gauge the progression of the disease over the years. The scale was originally implemented in 1967 and it included stages zero to five, where zero is no signs of Parkinson's and five is advanced PD. It was later changed to become the modified Hoehn and Yahr scale.

Page reviewed by Dr. Ahmad Elkouzi, Movement Disorders Fellow at the University of Florida, a Parkinson's Foundation Center of Excellence.

Source: www.parkinsons.org

NATIONAL INFANT IMMUNIZATION WEEK

National Infant Immunization Week (NIIW) is an annual observance to promote the benefits of immunizations and to improve the health of children two years old or younger. In 2019, we are celebrating the 25th anniversary of NIIW. Since 1994, local and state health departments, national immunization partners, healthcare professionals, community leaders from across the United States, and the Centers for Disease Control and Prevention (CDC) have worked together through NIIW to highlight the positive impact of vaccination on the lives of infants and children, and to call attention to immunization achievements.

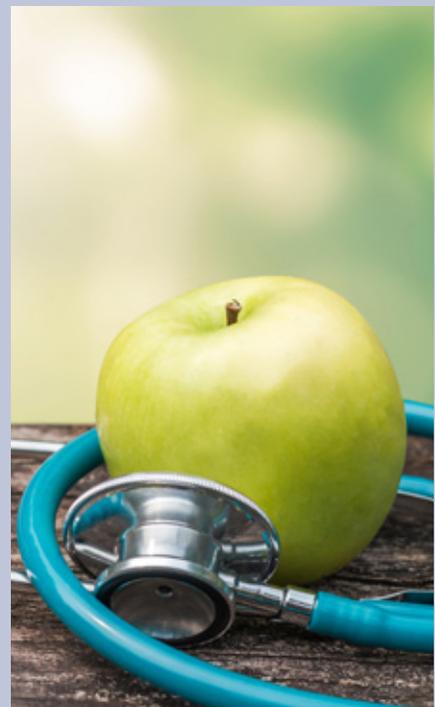
NIIW, set for April 27 – May 4, 2019, will be celebrated as part of World Immunization Week (WIW), an initiative of the World Health Organization (WHO). One example of the seriousness of vaccine preventable diseases is an increase in measles cases and outbreaks that were reported in 2014. The United States experienced a record number of measles cases, with 667 cases from 27 states reported to CDC's NCIRD. This was the greatest number of cases in the U.S. since measles was eliminated in 2000.

Source: <https://www.cdc.gov/vaccines/events/niiw/overview.html>

WORLD HEALTH DAY IS APRIL 7

World Health Day is celebrated each year to mark the anniversary of the founding of the World Health Organization (WHO) in 1948 and to raise awareness about a public health priority. This year's theme, Aging and health, reminds us that good health can add years to your life, enabling older men and women to live longer and remain actively involved in all levels of society.

Take an opportunity to schedule an appointment with your Primary Care Physician. Did you know that you're covered at 100 percent – that means no copays, no cost sharing, and no coinsurance – for preventive services including an annual wellness visit, when you get them from within a participating network? For a complete list of covered preventive care services or questions about screenings you may receive, please visit **AvMed.org**. (In this area, you'll also find Clinical Guidelines for care.) For assistance, simply call AvMed's Member Engagement Center at the number listed on your AvMed Member ID Card.



APRIL EVENTS

Date	Time	Event	Location	Description
April 4-7, 2019	5:30 am	Star Wars Rival Run Weekend	Walt Disney World, Orlando, Florida	<p>Encounter a Weekend of Galactic Fun!</p> <p>It's an epic Star Wars weekend featuring rivalries from the galactic saga. Meet some of your favorite Star Wars Characters, pose for photos and earn collectible themed medals! Become part of an immersive event and experience Star Wars in a whole new way. Join us—and may the Force be with you!</p> <p>https://www.rundisney.com/events/disneyworld/star-wars-rival-run-weekend/</p>
Saturday April 6, 2019	9 am	The Great Inflatable Race	Alachua County Fairgrounds, 3100 NE 39th Ave., Gainesville, FL 32609	<p>The Great Inflatable Race is the first and original all inflatable obstacle fun run that uses giant inflatables spread throughout the running course. You'll start the race climbing one of our inflatables and then race your friends and family to the next inflatable obstacle. This bouncy course contains between 8-10 massive inflatables that will bounce, bump and slide you all over the place! You'll finish the race with a perfect photo op on our final inflatable, and after a nice refreshing drink, you can check out our awesome Inflatable Village. Check out our Inflatable Village page to see what the after-party is all about!</p> <p>https://thegreatinflatable.com/</p>
Thursday April 27, 2019	6:45 pm	Corporate Run – Downtown Miami	301 Biscayne Blvd., Miami, FL 33132	<p>The purpose of the Mercedes-Benz Corporate Run presented by Turkish Airlines is to promote running and walking as a means to a fit, healthy lifestyle for people from all walks of corporate life. A healthy employee makes a healthy company! Stop by the AvMed tent and say hello!</p> <p>http://www.mercedesbenzcorporaterun.com/miami.php</p>

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A Wellness Newsletter for AvMed Members



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