

Road to **WELLfluent**TM

Embrace better health.

PREVENTING THE FLU: Good Health Habits Can Help Stop Germs

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of other germs and prevent respiratory illnesses. If you do get the flu, there are flu antiviral drugs available that can be used to shorten the severity and duration of the flu, which can last up to a week and become severe enough to hospitalize a person.

The tips and resources below will help you learn what you can do to protect yourself and others from flu and help stop the spread of germs.

1. Get your flu shot annually and early in the flu season
2. Avoid close contact with people who are sick
3. Stay home when you are sick
4. Cover your mouth and nose with a tissue when coughing or sneezing
5. Clean your hands; washing your hands often will help protect you from germs
6. Avoid touching your eyes, nose or mouth



7. Practice other good health habits
8. If you develop flu symptoms, contact your doctor right away for antiviral medication

Source: <https://www.cdc.gov/flu/protect/habits/index.htm>

September Is Thyroid Cancer Awareness Month

Source: <http://www.thyca.org/download/document/781/finditearly.jpg>

Thyroid Cancer - Find it early.

What if you found a crack before the whole wall collapsed?
What if you found a leak before the tire went completely flat?

It's better to find it early.

Most thyroid nodules are benign, not thyroid cancer. However, early detection saves lives. So does prompt treatment plus lifelong follow-up.
Ask for a neck check next time you see your doctor. A neck check takes only a minute. Tell your doctor if you've had voice changes or difficulty breathing or swallowing.

www.thyca.org





SEPTEMBER IS HEALTHY AGING MONTH:

10 TIPS FOR REINVENTING YOURSELF AT ANY AGE!

September is Healthy Aging Month and a great time to get started on better health practices. The healthier you are, the more fun you can have following your passion, now and as you age. Don't have a passion? Then reinvent yourself!

Think it's too late? Think again. According to Carolyn Worthington, editor-in-chief of Healthy Aging® Magazine and executive director of Healthy Aging®, it's never too late to find a new career, a new sport, passion or hobby. And, now is the time to travel more than ever. Here are some tips to stay at the top of your game.

1. Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. (Tip: Don't keep looking in the mirror, just FEEL IT!)
2. Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news.)
3. Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. (Tip: Smile often. It's contagious and wards off naysayers.)
4. Walk like a vibrant, healthy person. Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or perhaps have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)
5. Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! (Tip: Your waistline will look trimmer if you follow this advice.)
6. How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to

your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)

7. Lonely? Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone and make a call to do one or more of the following: volunteer your time, take a class, invite someone to meet for lunch, brunch, dinner, or coffee. (Tips: Volunteer at the local public school to stay in touch with younger people and to keep current on trends; take a computer class or a tutorial session at your cell phone store to keep up with technology; choose a new person every week for your dining out.)
8. Start walking not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)
9. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.
10. Find your inner artist. Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)

Source: <https://healthyaging.net/healthy-aging-month/september-is-healthy-aging-month/>

To learn more about happy, healthy and preventive aging, diet and fitness, visit these websites.

<https://exploringyourmind.com/5-tips-for-aging-happily/>
<https://www.everydayhealth.com/senior-health/sidestepping-common-conditions.aspx>

<https://www.nia.nih.gov/health/healthy-eating>
<https://www.health.harvard.edu/aging/nutrition-and-aging>
<https://www.nia.nih.gov/health/exercise-physical-activity>



IT'S BABY SAFETY MONTH!



September is Baby Safety Month. The International Association for Child Safety (IAFCS) members and professional childproofers assist parents year round with baby safety but September is a great month to share childproofing and home safety tips to prevent injuries in your home!

As you childproof your home, you may have forgotten these nine easy-to-miss child safety hazards from the experts:

- 1. Baby Monitor Cords** – The baby monitor wire can be pulled into the crib by a child, posing a risk of strangulation. Never place a monitor inside or on the edge of the crib. Keep the monitor at least 3 feet from the crib.
- 2. Clutter** – Loose change, paper clips and who knows what can present choking, tripping and possibly even poison hazards.
- 3. Dishwasher** – Your dishwasher holds knives, detergent, food remnants and a falling door. Click it Closed! Detergent pods look like candy. Don't load the dishwasher while your child is watching or in the room.
- 4. Impromptu Climbing Structures** – Keep furniture, large toys, home décor and planters away from second story railing edges, overlooks and bannisters so that little kids can't use them to climb up and over.
- 5. Bathroom Trashcans** – Bathroom trashcans are often very accessible and intriguing to crawling kiddos. Keep trashcans in secured cabinets. You never know what might end up in the trash – choking hazards, razors, medicines and lots of icky things too.
- 6. Chargers** – Unplug chargers when not in use and keep them away from children. In addition to the strangulation hazard of charger cords, prevent access to electrical risks.
- 7. Fridge Magnets** – Ensure fridge magnets remain out of reach. These items can pose a choking hazard for babies and toddlers. Magnets can be particularly dangerous when ingested. If it fits in an empty toilet paper roll, it's a choking hazard.
- 8. Pet Food & Water Bowls** – Dog or cat food can pose a choking hazard and a baby can drown in as little as an inch of water. Keep food and water bowls in another part of the house and off limits by a gate, or by simply putting them away when baby is around.

- 9. Tablecloths** – One pull from a curious toddler and anything on the table will come crashing down on the floor.

It's important to note that 47 children each day are injured by TV tip-overs. Over the last 10 years, injuries to children from TV tip-overs have risen by 31%.

- Flat Screen TV's are top heavy and can easily be knocked over. When buying a new big TV, do not use the stand designed for your smaller TV.
- When one or more dresser drawers are opened, the furniture and TV can easily fall.
- Older TV's are also a hazard, especially when placed on top of inappropriate furniture. Recycle or place them on low stable TV stands.

Follow the tips below for 3 ways to properly anchor your TV:

AN UNANCHORED TV IS NOT SAFE
3 Ways to Properly Anchor Your TV

- 1** TVs may be mounted to the wall with wall mounts.
- 2** Anchor the furniture to the wall studs and anchor the TV to the back of the furniture. Use two anchors per each piece being anchored.
- 3** Anchor the furniture AND the TV to the wall studs.

* Ferguson, R.W., Mickalide, A.D. A Report to the Nation on Home Safety: The Dangers of TV Tip-Overs. Washington, DC: Safe Kids Worldwide, December 2012.
De Roo, A. C., Cheunthirath, T., & Smith, G. A. (2013). Television-related injuries to children in the United States, 1990–2011. *Pediatrics*, 132(2), 267-274.

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This list does not include all the possible hazards that exist in homes. This information is meant to be one of many resources you use in protecting your children.

childproofing
EXPERTS

Source: <http://www.iafcs.org/webcomponents/articles/events.asp?id=28>

SEPTEMBER EVENTS

Date	Time	Event	Location	Description
9/2/2019	7:30 am	Baymeadows Road, Jacksonville, Florida	RunJax Labor Day 5K	The Tour de Pain is an official Jacksonville Grand Prix Event. The Jacksonville Grand Prix is a series of Jacksonville's best road races. These races are top quality, established events. The courses are measured accurately. Each event offers race results to their finishers, and they are conducted by groups or individuals who have experience and expertise in the field of road racing. As a participant in a Grand Prix event, you can rest assured that you are running a worthwhile race. https://www.1stplacesports.com/races/runjax/
9/7/2019	7:30 am	Coral Gables City Hall, 405 Biltmore Way, Miami	UPS 5K	The UPS 5K Benefiting the United Way of Miami-Dade takes participants through the beautiful city of Coral Gables and will run on its new scenic course. The race still starts and ends at a festive post-race party at the City of Coral Gables Historic City Hall at Merrick Park. The park is across the street from City Hall at the intersection of Le Jeune Road and Miracle Mile. http://teamfootworks.org/the-ups-5k/
9/18/2019	6:30 pm (night run)	Jacksonville Beach, Florida Sea Walk Pavilion	9/11 Heroes Run	The 9/11 Heroes Run 5K welcomes runners, ruckers, and walkers of all levels and of all ages. Events take place all over the world, on or near September 11th, and are 100% organized by local community volunteers. It is the perfect opportunity for your community to personally come out and thank your local veterans, their families, and first responders in an annual, fun, and family-friendly environment! https://www.travismanion.org/community-engagement/911-heroes-run/2019-jacksonville-fl/
9/28/2019	7 am	Fun Spot America, 5700 Fun Spot Way, Orlando, FL 32819	St. Jude Walk/Run to End Childhood Cancer	Let's end childhood cancer. Together. Register, form a team, and invite your friends and family to join. Or, join an existing team. Then, be a fearless fundraiser for the kids of St. Jude. https://fundraising.stjude.org/site/TR/Walk/Walk?fr_id=107570&pg=entry
9/28/2019	7 am	Fair Expo Center - Tamiami Park, 10901 SW 24 St., Miami, FL 33165	St. Jude Walk/Run to End Childhood Cancer	Let's end childhood cancer. Together. Register, form a team, and invite your friends and family to join. Or, join an existing team. Then, be a fearless fundraiser for the kids of St. Jude. http://fundraising.stjude.org/site/TR/Walk/Walk?pg=entry&fr_id=89704

*Note the CDC suggests staying cool. Making simple changes in your fluid intake, activities, and clothing can help you remain safe and healthy

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-882-8633 (TTY: 711).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-882-8633 (TTY: 711).



A Wellness Newsletter for AvMed Members

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