

SUMMERTIME STINGS

It's summer time so it's time to head outside to play, bike or camp. Here comes the sun, beach days and the bugs! Warm temperatures are just as appealing to insects and sometimes we can forget to protect against dangerous insects.

Bites and stings usually are just annoying, causing temporary discomfort and pain. Sometimes, though, they can cause infections that need quick medical treatment and allergic reactions that can be serious, even fatal. Typical symptoms of a non-allergic insect sting can include redness, swelling and/or itching at the site of the sting. Symptoms of an allergic reaction may include: itching and hives, swelling in the throat or tongue, difficulty breathing, dizziness, stomach cramps, nausea or diarrhea.

If you get stung while enjoying an evening out on the patio, quickly remove the stinger if it's been left in the skin, wash the area with soap and water, and apply an ice pack to the area for about 15 minutes to reduce swelling and pain. Topical ointments or oral antihistamines can assist in itch relief. However, if a serious reaction occurs, seek emergency medical treatment. Those already aware of a severe insect-allergy should always carry an auto-injectable epinephrine and alert friends and family on how to properly use if needed.

Bee, wasp, hornet, fire ant stings—these can't always be avoided—but there are a few things people can do to lessen their chances of one of these summer stings. Please see the infographic below for some brief prevention tips!

Tips to Prevent Summer Bites and Stings



Bees

Avoid areas where bees might be, such as flowers and visible hives



Snakes

Avoid tall grass, piles of leaves and trying to catch a snake if you see one



Jellyfish

Check marine warnings, the water and the shore for signs of jellyfish



Stingrays

Check marine warnings and slowly shuffle your feet in the sand when in the ocean



Mosquitoes

Stay inside at dusk and dawn, wear long sleeves and pants and use insect repellent



Ticks

Wear long sleeves, pants, tall socks and boots in wooded areas, as well as tick repellent



DID YOU KNOW?

Every second, a large hurricane releases the energy of 10 atomic bombs!

- Learn more on page 9



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Cataract Facts & Myths

Maintain visits with your eye care physicians to keep up with cataract treatment and progress.

MYTHS



Eye drops can prevent or dissolve cataracts.



Close focus make cataracts worse.



Cataracts are reversible.

FACTS



False: Some products state they can prevent cataracts, but cataract formation is natural.



False: Cataracts are not affected by use of vision, but they might be more noticeable when viewing up close.



False: Your eye lens clouds naturally as it ages and it is completely unavoidable.

SO WHAT ARE CATARACTS?

A cataract is a clouding of the normally clear lens of your eye. Age-related and other medical conditions cause tissues within the lens to break down and clump together, clouding small areas within the lens. For people who have cataracts, it can be a bit like looking through a frosty or fogged-up window. Cataracts generally develop in both eyes, but the cataract in one eye may be more advanced than the other.

Aging is the most common risk factor for cataracts. This is due to normal eye changes that happen starting around age 40. Other risk factors include: Diabetes, excessive exposure to sunlight, smoking, drinking excessive amounts of alcohol, obesity, high blood pressure and previous eye injury or inflammation.

SYMPTOMS

- Having blurry vision
- Seeing double (when you see two images instead of one)
- Being extra sensitive to light
- Having trouble seeing well at night, or needing more light when you read
- Seeing bright colors as faded or yellow instead

If you notice any of these cataract symptoms, notify your ophthalmologist.

PREVENTION

1. Have regular eye examinations to help detect cataracts at their earliest stages
2. Quit smoking
3. Manage chronic health problems like diabetes
4. Choose a healthy diet that includes plenty of fruits and vegetables
5. Wear sunglasses when outdoors
6. Reduce alcohol use

Source: American Academy of Ophthalmology , Mayo Clinic

A new prescription for eyeglasses or contact lenses can help you see better with cataracts early on. However, surgery is the only way to get rid of a cataract. You can also make small changes to manage your cataracts like using brighter lights at home or work.

TREATMENT



PTSD
AWARENESS

MONTH

Post-Traumatic Stress Disorder (PTSD) is an anxiety disorder that some people develop after seeing or living through an event that caused or threatened serious harm or death, like combat, a natural disaster, a car accident or sexual assault. It is natural to feel afraid during and after a traumatic situation. Fear triggers many split-second changes in the body to help defend against danger or to avoid it. We may experience a range of reactions after trauma, yet most people recover from initial symptoms naturally. Those who continue to experience problems may be diagnosed with PTSD.

Post-Traumatic Stress Disorder was first officially recognized as a mental health condition in 1980, only five years after the end of the Vietnam War. It's understandable why people would associate PTSD most frequently with military service members. But anyone can develop PTSD after a traumatic experience.

PTSD may result in sleep problems, flashbacks, irritability, anger, recurrent dreams about the trauma, intense reactions to reminders of the trauma, disturbances in relationships and isolation. The disorder can also affect your daily routines like work life. Some people may recover a few months after the event, but for others it may take years. For some, PTSD may begin long after the events occur. It's important to note that about 50% of all people will go through at least one traumatic experience in their lifetime. But not everyone will develop PTSD. If a person feels supported by friends and family after a traumatic event, it can reduce the risk of developing symptoms of PTSD.

The good news is, post-traumatic stress disorder can be treated. If you or someone you know has PTSD, it's important to know that there is help. Some with post-traumatic stress disorder respond well to talk therapy, like cognitive behavioral therapy, while others do better with medications. Both treatments can be used together also. Reaching out to your personal support network can also have a positive effect. If others know that you are suffering in certain situations or if they understand why you may avoid places or events, they won't unknowingly push you into a place where you aren't comfortable.

Speak with your doctor or healthcare professional, who could help guide you to local resources!

Source: youth.gov, Sepsis Alliance, National Alliance on Mental Illness

"NOT ALL WOUNDS ARE VISIBLE"

The main treatment for aphasia is speech and language therapy. Please consult your healthcare provider if you have any concerns.



American
Stroke
Association.
A division of the
American Heart Association.

Aphasia

communicating through the barriers

What is aphasia?

Aphasia is a language disorder that impairs the ability to communicate. It's most often caused by stroke-related injuries to areas of the brain that control speech and language.

I have aphasia.



Take your time
It may take a while to get the words out.



Let people know what works best for you
Do you want a question asked in multiple ways? Let them know.



Use assistive devices
Bring photos, diagrams, pen and paper or other helpful tools.



Frustration is OK
Don't blame yourself if you get stuck or stumble over your words. Be patient with yourself as you learn what works.

What to do if you get stuck:

1. Admit you're struggling.
2. Recap what you've discussed so far.
3. Decide whether to carry on or come back to the subject later.

I need to communicate with someone who has aphasia.



Keep it simple
Speak in short, simple sentences.



Be patient
Allow plenty of time for a response. Talk with the person who has aphasia, not for him or her.



Remove distractions
Turn off radios and TVs.



Be creative
Try writing, gesturing, drawing pictures or using devices such as smartphones and tablets.



Confirm
Repeat back what you think the person said or meant.

Facts about people with aphasia:

1. They communicate differently but are as smart as they were before they developed aphasia.
2. Their hearing is usually fine, so speaking loudly does not help.
3. Their condition just means you'll have to communicate differently with them.



National
Aphasia
Association

Learn more at stroke.org/Aphasia



NATIONAL MIGRAINE & HEADACHE AWARENESS MONTH — JUNE —

TMJ
pain is at
temples,
in front
of ears.



Sinus
pain is
behind
browbone
and/or
cheekbone.



Cluster
pain is
in and
around
one eye.



Tension
pain is
like a
band
squeezing
the head.



Migraine
pain, nausea
and visual
changes are
typical of
classic form.



Neck
pain is at
the top
and/or
back of head.



Migraines and headaches are invisible conditions that can affect anyone without others ever knowing there's a problem.

The World Health Organization says that 1 in 7 adults worldwide suffer from migraines. When migraine sufferers experience symptoms, they're often severe and cause people to miss work. Some may even find it difficult to get out of bed. Whether you're working from home or on site, a headache or migraine can damper your day. But there are some actions you can take to fight back:

- * **Dim triggers** like using an anti-glare computer screen protector or dimming the lights.
- * **Try temperature therapy** by applying cold compresses to your head or neck.
- * **Drink more water.** Dehydration is a common migraine trigger.
- * **Establish a regular sleep schedule.**
- * **Manage stress, try mindful breathing exercises.**

Speak to your healthcare provider about managing your migraines and headaches.

Source: World Health Organization, Mayo Clinic

**Try
Me!**

GINGER TEA FOR HEADACHE

Make a tea by pouring 3 cups water over 2 tablespoons freshly grated ginger. Let steep 4 to 5 minutes, then strain through a small sieve into a teacup. Sip the tea for headache relief.



MIGRAINE – WHAT YOU NEED TO KNOW TO MANAGE ATTACKS



MIGRAINE IS THE **3**RD MOST PREVALENT ILLNESS
WORLDWIDE

IT'S A NEUROLOGICAL DISORDER THAT
CAN BE DEBILITATING



MIGRAINE CAN BE EPISODIC = 1 TO 14 ATTACKS
A MONTH, OR CHRONIC = 15 OR MORE ATTACKS
A MONTH



- MIGRAINE IS GENETIC – 90% OF PEOPLE WITH MIGRAINE HAVE A FAMILY MEMBER WHO ALSO HAS THE DISORDER
- WOMEN GET MIGRAINE ATTACKS MORE THAN MEN, CHILDREN CAN GET THEM TOO

MIGRAINE PAIN CAN COME WITH OR WITHOUT
AURA (VISUAL OR SENSORY DISTURBANCES)
AND WITH OR WITHOUT VERTIGO



THERE ARE **4** MAIN TRIGGERS:

1. STRESS
2. WEATHER CHANGES
3. HORMONE CHANGES (SORRY, LADIES)
4. LACK OF SLEEP



FOOD IS OFTEN NOT A TRIGGER, BUT WHEN IT IS,
ALCOHOL OR MSG ARE USUALLY INVOLVED

THERE ARE MEDS TO STOP A MIGRAINE (ACUTE
TREATMENTS) AND TO PREVENT THEM (PROPHYLACTIC
TREATMENTS): DON'T WAIT TO SEEK TREATMENT



ULTIMATE GUIDE to Pool SAFETY

Supervision

- Assign a Water Watcher to supervise at all times
- Have one supervisor for every two non-swimmers
- Stay within arm's reach of non-swimmers
- Keep electronic devices tucked away
- Avoid alcohol

Download yours FREE!



Pool Toys

- Avoid floaties, wings, tubes, noodles or other toys as safety devices
- Use Coast Guard approved safety gear only
- Remove all toys from the pool and surrounding areas, and cover if needed

Swim Lessons

- Start as young as four months
- Stay enrolled year-round to progress in water safety skills
- Become a safe & confident swimmer by completing a trusted swim program

DID YOU KNOW?

"PARTICIPATION IN FORMAL SWIM LESSONS REDUCES THE RISK OF DROWNING BY **88%** AMONG CHILDREN AGES 1-4 YEARS OLD."

—National Institutes of Health

aqua-tots.com



Outside Barriers

- Install pool fences that are at least four feet tall
- Ensure all pool gates are self-closing/latching
- Install latches out of reach of children
- Set alarms to sound indoors
- Remove any items (chairs, tables, boxes, etc.) that may be used to climb over barriers

Inside Barriers

- Install weighted doors with raised door knobs
- Set door alarms that are out of reach of children
- Secure pet doors when not supervising



Pool Maintenance

- Install anti-entrapment covers for pools or spas so children do not get stuck
- Repair loose screws, tiles, etc. that may snag and catch bathing suits
- Test and balance pool water regularly
- Ensure proper water filtration



Pool Manners

- Always swim with a buddy
- No pushing or shoving
- Avoid horseplay
- Adults make the rules

Emergency Prep

- Learn CPR
- Keep a phone available for emergencies
- Have a stocked first aid kit close by



JUNE 27

NATIONAL HIV TESTING DAY

Of the estimated 1.1 million people in the U.S. who have HIV, about 1 in 7 of them do not know it. Know your status!



@AHF Wellness Center - Broward
750 SE 3rd Ave Fort Lauderdale, FL 33316
(954) 767-0273

@Comprehensive Care Center
1101 NW 1st St, Fort Lauderdale, FL 33311
(954) 467-0880

@FDOH Broward Ft. Lauderdale Health Center
(954) 767-0273

BEAT the HEAT

Drink plenty
of water.

Stay in cool or
air conditioned areas.

Stay out of the sun
and wear protection.

Check on neighbors
and those without
air conditioning.

HOW MUCH WATER SHOULD WE DRINK DURING SUMMER ?



7-8 glasses/day
8-10 if sweating



LESS HUNGRY
FILL YOU UP



FATIGUE BUSTER



FEEL ENERGIZED



PREVENT
CONSTIPATION



PREVENT
STOMACH ULCERS

Also consider water-rich" fruits and vegetables like watermelon, strawberries, grapefruit, cantaloupe and cucumbers

World Vitiligo Day

VITILIGO



WHAT IS IT?

Vitiligo is a long-term problem in which growing patches of skin lose their color. It can affect people of any age, gender, or ethnic group. The hair from the skin may also become white. The discolored areas usually get bigger with time.

SYMPTOMS

Patchy loss of skin color

Whitening or graying of the hair
of
Loss of color in the tissues



Normally, the color of hair and skin is determined by melanin. Vitiligo occurs when cells that produce melanin die or stop functioning. This leads to the loss of skin color in patches. According to the Global Vitiligo Foundation, 70 million people across the world have vitiligo. There are no boundaries of race, ethnicity or gender.

World Vitiligo Day is celebrated worldwide on June 25 every year since 2011. The day is in recognition of the bullying, social neglect, psychological trauma and disability of millions of people affected by vitiligo.

It's an often misunderstood disease, with many fearing that it may be infectious or contagious. In many cultures, having such a visible disease comes with strong social stigma, including the inability to marry. **However, vitiligo is NOT contagious.** People with vitiligo may be at increased risk of sunburn, eye problems and hearing loss. And although there is no cure, various treatments, including topical creams and light therapy can help some patients. There is also an increased need for better vitiligo research, treatment and support.

Many people who have vitiligo are now changing the narrative by celebrating their natural beauty on social media and magazines. World Vitiligo Day is an opportunity to join them! **Learn more by visiting the vitigosociety.org**

Source: Global Vitiligo Foundation, Mayo Clinic

VITAMIN THERAPY



PROTECT YOUR SKIN FROM
THE SUN AND ARTIFICIAL
SOURCES OF UV LIGHT.



DON'T GET A TATTOO.



HEALTHY EATS⁷

Coconut Curry Salmon

Broiled salmon with a salty-sweet spice rub, creamy coconut curry sauce, and steamy rice to soak it all up.

Ingredients

Coconut Curry Sauce:

- 1 tablespoon olive oil
- 2 cloves garlic (minced)
- 1 small knob of ginger (minced)
- 1 tablespoon of lemongrass paste
- 1 tablespoon brown sugar
- 1 tablespoon red curry paste
- 1 can coconut milk
- 2 tablespoons soy sauce
- Lots of lime juice and zest
- 3 cups fresh spinach, chopped
- cilantro, basil, mint, or other fresh herbs

Coconut Curry Sauce:

- Salmon:
- 1 1/2 lbs. salmon
- 1 tablespoon brown sugar
- 1 teaspoon curry powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon kosher salt
- 2 teaspoons olive oil



Preparation

- Get the oven ready: Preheat the oven to 475 degrees. Line a baking sheet with foil. Place one of the oven racks close-ish to the top, about 6 inches or so.
- Salmon: Mix the spices and the olive oil to make a paste. Place the salmon skin side down on the baking sheet. Rub the paste liberally over the top part of the salmon. Bake for 6-12 minutes (depends on salmon thickness and desired doneness – I usually opt for 8-10 minutes). See notes and FAQs for potential broiling issues and alternative methods.
- Coconut Curry Sauce: Heat the olive oil over medium heat. Add garlic, ginger, and lemongrass; sauté for 5 minutes. Add brown sugar and curry paste; sauté for 3 minutes. Add coconut milk. Season with fish sauce and lime juice to taste. Add spinach; stir into the sauce until wilted.
- Serve: Place salmon over rice. Cover with sauce, lime juice, and fresh herbs.

Source: Pinch of Yum

Mango Yogurt Popsicles

A simple summer treat that require just 3 ingredients and no refined sugar!

Ingredients

- 1 1/4 cup plain yogurt
- 1 cup chopped mango
- 2 Tbsp honey

Preparation

- Combine all ingredients in a blender until smooth.
- Pour into molds, leaving a little space at the top for them to expand. Insert sticks and freeze until hard (at least 4 hours).
- Run the mold under warm water for a few seconds to loosen them up, then remove from the mold.



Source: Amanda's Cooking'

Did you know? Sickle-cell anemia is particularly common among people whose ancestors come from sub-Saharan Africa, India, Saudi Arabia and Mediterranean countries. In 2018, researchers at the Center for Research on Genomics and Global Health analyzed the genomes of nearly 3,000 people, about 5% of which suffered from Sickle Cell Disease. **They traced a mutation back 7,300 years and found it started with just one child!**

Once upon a time in what is now the Sahara desert, a child was born with heightened immunity to malaria. With a better chance against an illness that was a major killer, this child with the genetic mutation lived and had children, and those children spread out. Bolstered with extra defenses against malaria and with longer lifespans, their descendants around the world still have those extra defenses today, 250 generations later.

However, if both your parents have that gene mutation, you can end up with what is called Sickle Cell Disease (SCD). People who inherit one sickle cell gene and one normal gene have the sickle cell trait. Those with the trait usually do not have any of the symptoms of the disease, but they can pass the trait on to their children. Sickle cell disease by definition, is a group of inherited red blood cell disorders that occurs when a child receives two sickle cell genes—one from each parent.

A normal human red blood cell is small, round, and biconcave. This shape allows the cells to easily flow through narrow blood vessels. In SCD, the red blood cells look like a C-shaped farm tool called a "sickle." The cells become hard and sticky which causes them to stick together, blocking blood flow and oxygen from reaching all parts of the body. This in turn brings on severe pain, anemia, infections and other complications to its patients. Symptoms and complications of SCD are different for each person and can range from mild to severe. **But pain is the most common complication of SCD, and the #1 reason that people with SCD go to the emergency room or hospital.**

According to the Sickle Cell Disease Coalition, SCD affects approximately 100,000 Americans and occurs in about 1 out of every 365 Black or African-American births. The disease is diagnosed with a simple blood test. It's most often found at birth during routine newborn screening tests at the hospital. **Despite its many health complications, a person with SCD can live a long and high quality life.** People with SCD can lower their chances of difficulties from the disease and enjoy many normal activities by:

1. Getting regular checkups with their doctor.
2. Following treatments prescribed by their doctor, such as taking medication called hydroxyurea.
3. Preventing infections by taking simple steps including washing their hands.
4. Practicing healthy habits like drinking 8 to 10 glasses of water per day and eating healthy food.

A bone marrow transplant, which involves collecting healthy cells from a donor's bone marrow and transferring them into a patient, can cure SCD. A bone marrow transplant expert can advise patients about whether or not it is a good choice for them. This World Sickle Cell Day, we are encouraging you to **#KnowYourStatus. Ask your physician, local health-clinic or community based sickle cell disease organization for sickle cell disease and/or sickle cell trait testing locations near you!**

Source: BBC News, Centers for Disease Control & Prevention, Sickle Cell Disease Coalition



Did you know?

Sickle cell disease affects the lives of about 100,000 Americans. Most Americans who are affected by SCD are of African descent.

*Data from CDC





BE STORM READY

MAKE A PLAN & MAKE A KIT

MAKE A PLAN: Sit down with your family and decide:

- ① How you will contact each other?
- ② Where will you go for safety?
- ③ What will you do during and after the severe weather has passed?



For a complete list, and more information on how to best be prepared visit:
fema.gov
ready.gov
redcross.org

MAKE A KIT: Here is a list of the basic supplies you'll need in an emergency

- WATER
- FOOD
- RADIO
- CELLPHONE
- FLASHLIGHT
- FIRST AID KIT
- DOCUMENTS
- MATCHES
- CASH
- WHISTLE



What do you call a bear with no teeth?

A gummy bear.

We hope you enjoyed this month's newsletter. We want to hear from you! If you have any question or suggestions, please contact us.

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