





## Mind your Health!

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others and make healthy choices. Many of you already know that our mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease and stroke.

One thing to keep in mind is although the terms are often used interchangeably, **poor mental health and mental illness are not the same**. A person can experience poor mental health and not be diagnosed with a mental illness. Likewise, a person diagnosed with a mental illness can experience periods of physical, mental and social well-being. It's also important to remember that a person's mental health can change over time. Some adverse life experiences, sudden changes, or increase in stress can have significant affects on your mental health.

**Many things can affect our mental health. So for Mental Health Month, we want you to HALT.**

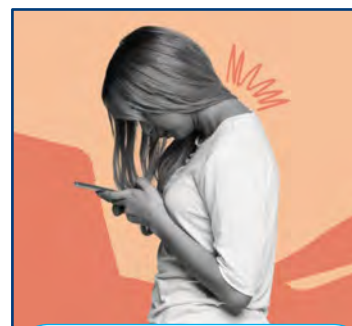
HALT is an acronym that stands for Hungry, Angry, Lonely, and Tired. When one or more of these areas are out of balance, it is more likely we will struggle with our overall well-being as a result.

-  **| Hungry** | We need nutritious energy for optimal functioning. A steady supply of healthy foods keep us mentally and emotionally strong.
-  **| Angry** | Anger and other negative emotions are both causes and effects of anxiety and stress. Use mindfulness tools like deep breathing and using your senses to pull yourself out of your thoughts and emotions and into your present moment so you can feel centered and decide what to do.
-  **| Lonely** | Connecting with others is vital to our wellbeing. Have you had positive interactions with someone lately? If not, make it a point to do so, even briefly.
-  **| Tired** | We don't function well physically or mentally when we're exhausted. If you're tired, can you work in a quick power nap or even a short break to recharge?

If you aren't feeling your best, taking a moment to HALT is one of the best things you can do for your mental health.

We've come a long way as a society when it comes to taking care of our mental health. The stigma around mental health and mental illness has started to change. Still, people hesitate to seek help or even talk about it with their loved ones for fear of being judged and facing unnecessary backlash.

**Don't be afraid to reach out if you or someone you know needs help.** Reach out to your health insurance, primary care doctor or local mental health authority for resources.



Tilting your head downward to read your phone can be the equivalent of 60 pounds of pressure on the cervical spine.

[- Learn more on page 3](#)

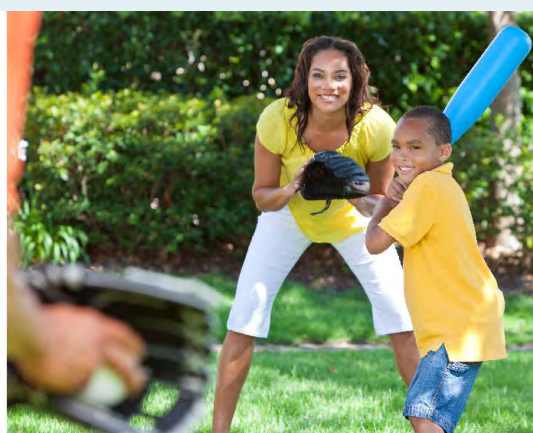
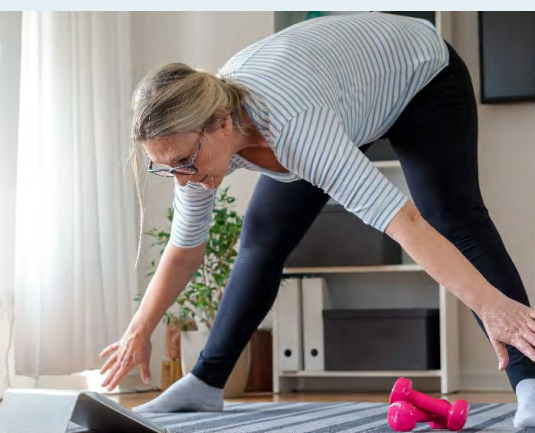
**SPRING** INTO  
Wellness

### In this Issue:

- Mind your Health!
- Physical Fitness and Sports
- Arthritis Awareness
- Correct Your Posture
- Osteoporosis Awareness
- Celiac Disease
- World No Tobacco Day
- Preeclampsia Awareness
- Melanoma/Skin Cancer
- Healthy Eats
- High Blood Pressure Education
- Stroke Awareness
- Lupus Awareness
- Asthma & Allergy
- Don't Fry Day

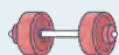


Source: National Alliance on Mental Illness, Center for Disease Control & Prevention, GoodTherapy



# National Physical Fitness & Sports Month

## #MoveInMay



### Benefits of Fitness

Reduce your risk of a heart attack

Have a lower blood cholesterol level

Lower the risk of some cancers

Have stronger bones and muscles

Manage your weight better

Lower the risk of type 2 diabetes

Have lower blood pressure

With more energy and a better mood

During the month of May, National Physical Fitness & Sports Month provides an opportunity to celebrate and promote physical activity and the benefits of sports participation. Physical activity is key to maintaining health and well-being. In this edition of the employee wellness newsletter, we spoke to one of your fellow co-workers at the Florida Department of Health in Broward County who has always prioritized fitness. He shared with us his way to keep moving! Meet Ryan Clarke:



*As a kid, I watched my neighbor practice Taekwondo and it sparked my interest. I did Taekwondo for years before switching over to Jujutsu in middle school. I stopped playing sports in high school.*

*Fast forward to 2020, I was living in Tampa and decided to give Jujutsu a try again. I was searching for something to do during the pandemic. In addition to that, I would often go rollerblading with my dog around town. My ultimate goal was to find interesting ways to keep active.*

*After moving to Broward, I took up boxing 3-4 times a week when my busy schedule allows.*

*Every time I work out, my body releases endorphins that makes me feel elated and relaxed. Yes, my body is exhausted at first, but my mind is always glad to get it done. When we start new workouts or sports, your body will hurt. But your body will adjust after a while to the "punishment" it receives.*

*If you're thinking about moving more in May or getting involved in sports, it all depends on you. You have to make the choice to try, the only person you're doing a disservice is yourself by not being active.*



**Ryan Clark**  
Senior Health Educator  
Tobacco Prevention Program

*\*Photo Representation on the right\**





Joints are places where two bones meet, such as your elbow or knee. "Arthritis" literally means joint inflammation. There are different types of arthritis, but the most common types of arthritis are osteoarthritis and rheumatoid arthritis.

- ♦ **Osteoarthritis** - breaks down cartilage, which is the hard, slippery tissue that cushions the ends of the bones and allows nearly frictionless joint motion. This break down causes pain and restricted movement
- ♦ **Rheumatoid arthritis** - the immune system attacks the joints causing inflammation and can eventually destroy cartilage and bone within the joint.



The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. Severe arthritis, particularly if it affects your hands or arms, can make it difficult for you to do daily activities. This is why arthritis is considered the most common cause of disability in the U.S. While arthritis usually affects older adults, it can develop in men, women and children of any age. If your doctor suspects arthritis, they will perform physical tests to check the range of motion in your joints, ask you about your medical history and may order lab tests as needed. There's no cure for arthritis, but there are treatments like physical therapy that can help you manage the condition.

Talk to your doctor if you have joint pain and other arthritis symptoms. It's important to get an accurate diagnosis as soon as possible so you can start treatment and work to minimize symptoms and prevent the disease from getting worse.

Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases, Cleveland Clinic, Mayo Clinic

## CHECK YOUR POSTURE

Practicing good posture puts less strain on your joints and muscles. It can even help increase energy and productivity.



## CHECK YOUR POSTURE

### CHAIR

- ✓ Keep your back and neck straight
- ✓ Lumbar support slightly below the waist line
- ✓ Adjust the chair height if needed

### MONITOR

- ✓ Place monitor an arms length away (roughly 20")
- ✓ Place top of monitor at eye level or slightly below

### KEYBOARD & MOUSE

- ✓ Keep your wrist in a neutral (straight) position
- ✓ Keep your elbows bent (90°-120°) but relaxed

## CHECK YOUR POSTURE



### SAFE LIFTING

Remember if you're straining, get help. Wear a belt or back support if necessary.

- ✓ Move close.
- ✓ Feet shoulder width apart.
- ✓ Bend your knees.
- ✓ Keep your back straight.
- ✓ Tighten stomach muscles.
- ✓ Lift with your legs.



Osteoporosis occurs when the creation of new bone doesn't keep up with the loss of old bone. This causes bones to become so weak and brittle that a fall or even mild stresses such as bending over or cough-

ing can cause a fracture. Osteoporosis-related fractures most commonly occur in the hip, wrist or spine.

**Osteoporosis affects women and men of all races and ethnic groups. But white and Asian women, especially older women who are past menopause, are at highest risk.**

Unfortunately, the disease often progresses without any symptoms or pain, and is not found until bones fracture. The good news is you can take steps to prevent this disease, and treatments do exist!

Good nutrition and regular exercise are essential for keeping your bones healthy throughout your life. To maintain strong, healthy bones, you need a diet rich in calcium. Besides dairy products, other good sources of calcium are salmon with bones, sardines, kale, broccoli, calcium-fortified juices and breads, dried figs and calcium supplements. In addition, exercises that make your muscles work against gravity such as walking, jogging, aerobics and weightlifting are best for strengthening bones

Please speak to your provider about your risks and concerns regarding your bone health.

Source: Cleveland Clinic, Mayo Clinic, NIH Osteoporosis and Related Bone Diseases





Celiac disease is a digestive problem that hurts your small intestine and is triggered by eating foods containing gluten. If you have celiac disease, eating gluten triggers an immune response in your small intestine. Over time, this reaction damages your small intestine's lining and prevents it from absorbing some nutrients. The intestinal damage often causes diarrhea, stomach pains, nausea, fatigue, weight loss, bloating and anemia, and can lead to serious complications. These are the most common signs and symptoms of celiac disease.

More than 2 million Americans have been diagnosed with celiac disease. Celiac disease is a genetic disease that runs in families. Studies show that as many as 1 in every 133 Americans may have it. And they may not know they have it!

There's no cure for celiac disease. But for most people, following a strict gluten-free diet can help manage symptoms. Damage to your intestine will heal and it will also stop any more damage from happening. Removing gluten from your diet can be difficult though because gluten can be found in many foods. Gluten is found in grains, like wheat, barley and rye. It can also be found in condiments, salad dressings, and other unexpected places.

For this reason, your healthcare provider may refer you to a dietitian who specializes in celiac disease. It's important to carefully read food labels for grains that contain gluten. It's also important to store and prepare your gluten-free foods separately from other family members' foods that contain gluten to prevent cross-contact.

For more information speak to your healthcare provider and visit the Celiac Disease Foundation at [celiac.org](http://celiac.org)

Source: John Hopkins Hospital, Mayo Clinic, Celiac Disease Foundation



In recent years, more people without celiac disease have begun avoiding gluten, believing that a gluten-free diet is healthier or could help them lose weight. However, researchers have found no evidence that a gluten-free diet promotes better health or weight loss for the general population.

**National Institutes of Health**



### LIKELY CONTAIN GLUTEN

Beer, ale and lagers	Imitation fish
Bouillon cubes	Matzo
Brown rice syrup	Rice mixes
Candy	Salami
Chips	Sauces
Cold cuts	Seasoned tortilla chips
Communion wafers	Self-basting turkey
French fries	Soups
Gravy	Soy sauce
Hot dogs and sausages	Vegetables in sauce

### HIDDEN GLUTEN TERMS

Cracked wheat	Kamut
Einkorn	Spelt
Emmer	Wheat bran, germ or starch
Hydrolyzed wheat protein	





# World No Tobacco Day

The World Health Organization (WHO) sponsors World No Tobacco Day annually, around the world on May 31 to inform the public of the dangers of using tobacco, the business practices of tobacco companies, and the importance of tobacco cessation.

**QUIT  
NOW**

**Tobacco use is the leading cause of preventable disease, disability, and death in the US.** Tobacco use means the personal use of any tobacco products including cigarettes, pipes, cigars, vapes and smokeless products (ex. e-cigarettes & snuff) Smokers are more likely than nonsmokers to develop heart disease, stroke and lung cancer. Quitting smoking and tobacco use is one of the most important steps to improve overall health. Quitting smoking can add up to 10 years to life expectancy. The sooner you quit, the sooner your body can begin to heal.

If you or someone you know wants to quit, talk to your healthcare providers and seek help from evidence-based resources, like Tobacco Free Florida's Quit Your Way program. **Floridians can learn more about Tobacco Free Florida's free tools and services by calling 1-877-U-CAN-NOW or by visiting [tobaccofreeflorida.com](http://tobaccofreeflorida.com)**



Source: Centers for Disease Control & Prevention, World Health Organization, Florida Department of Health Bureau of Tobacco Free Florida

## PRE-ECLAMPSIA AWARENESS MONTH

Preeclampsia is a condition in which a woman with previously normal blood pressure develops high blood pressure at 20 weeks of pregnancy or later. Preeclampsia is a serious condition. Left untreated, it can lead to serious, even fatal, complications for both mom and baby.

If you're pregnant or within six weeks after delivery, you should **immediately report to your healthcare provider any blood pressure readings where the top number (systolic) is 140 or higher or the bottom number (diastolic) is 90 or higher. If the number is higher than 160/110, you should go to an emergency room immediately!**

To monitor pregnancy for preeclampsia and reduce risk, you should:

- ◆ attend all prenatal appointments
- ◆ talk to your doctor about your risk for preeclampsia and what you can do to minimize it
- ◆ monitor your blood pressure and weight regularly and contact your doctor immediately if either becomes unexpectedly high
- ◆ know your family history of pregnancy complications, high blood pressure and heart disease
- ◆ eat nutritious foods, exercise regularly and maintain a healthy weight
- ◆ do not smoke

**If you remember anything from this post, it's this: Early detection gives you and your unborn baby the best chances for the best possible outcome!** It's also important to remember that some women with preeclampsia have NO symptoms or they "just don't feel right." If you have a sense that something is wrong, even without symptoms, trust your intuition and contact your physician immediately.

Source: Preeclampsia Foundation, National Institutes of Health

## Ask Your Doctor or Midwife

### What Is It?

Preeclampsia is a serious disease related to high blood pressure. It can happen to any pregnant woman during the second half of her pregnancy.

### Risks to You

- Seizures
- Stroke
- Organ damage
- Death

### Risks to Your Baby

- Premature birth
- Death

### Signs of Preeclampsia



Stomach pain



Headaches



Feeling nauseous;  
throwing up



Seeing spots



Swelling in your  
hands and face



Gaining more than  
5 pounds (2,3 kg)  
in a week

### What Should You Do?

Call your doctor or midwife right away. Finding preeclampsia early is important for you and your baby.

# Skin SAFETY

the importance of skin cancer screening



MAY IS SKIN CANCER AWARENESS MONTH

6

## A Look At Skin Cancer SCREENING



### IT SAVES LIVES

Melanoma is the 6th most common cancer in the U.S.

Melanoma causes 75% of deaths from skin cancer



### EARLY DETECTION IS ESSENTIAL

Many skin cancers are 95% curable with early detection and treatment

The longer the cancer grows, the greater the risk of death from the disease



### IT'S EASY

90% of melanomas can be spotted without magnification

Examine your own skin between visits to your dermatologist

## MELANOMA

**CAUSES** approximately **8,650 deaths per year**

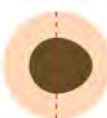
**CAN** appear anywhere on the body, even parts that are not exposed to the sun

**MAY** look like a **discolored, misshapen, or uneven mole**

Any changes in existing moles should be reported to your dermatologist

## DANGER SIGNS IN PIGMENTED LESIONS ABCDE

### A



ASYMMETRY

### B



BORDER  
IRREGULAR

### C



COLOR  
VARIED

### D



DIAMETER  
LARGER  
THAN 6 MM

### E



EVOLVING  
APPEARANCE

## Skin Cancer PREVENTION TIPS

### Wear sunscreen

Use sunscreen daily with at least spf 15 and both UVA and UVB protection

### Stay in the shade

Avoid the sun when it's strongest, usually between 10 am and 4 pm

### Get annual exams

Examine yourself for changes and visit your dermatologist regularly for a thorough exam



Dr. Palceski is a board certified dermatologist at Reflections Dermatology & Center for Skin Care.



# HEALTHY EATS <sup>7</sup>

## BBQ Salmon with Avocado Salsa

This Easy BBQ Salmon with Avocado Salsa is the perfect summer dinner idea and takes only 10 minutes to cook on the grill. It is an absolutely crowd pleasing entrée for Memorial Day!

### Ingredients

- 4 frozen or fresh sockeye salmon filets
- 1 tbsp olive oil
- 1 tbsp brown sugar
- Salt & pepper to taste

### Avocado salsa

- 1 avocado diced
- 1 red pepper diced
- 1 yellow pepper diced
- 1 small red onion diced
- Juice of 1 lime
- 1/4 cup cilantro basil or parsley, chopped (I highly recommend the cilantro!)
- 1/2 tsp salt
- 1/4 tsp red chili flakes



### Preparation

- Preheat BBQ to med-high heat.
- Brush salmon with a little bit of olive oil, then brown sugar. Season with salt and pepper then put on the grill skin-side down for 10-12 min, watching carefully so it doesn't overcook.
- Meanwhile, mix together the salsa.
- Remove salmon from the grill and add salsa overtop. Serve alongside brown rice or BBQ potatoes and enjoy!

### Nutrition Information

Calories: 393kcal | Carbohydrates: 14g | Protein: 36g | Fat: 22g | Saturated Fat: 3g | Cholesterol: 94mg | Sodium: 375mg | Potassium: 1243mg | Fiber: 5g | Sugar: 6g | Vitamin A: 1237IU | Vitamin C: 100mg | Calcium: 36mg | Iron: 2mg

Source: *The Girl on Bloor*



## Lemon Roasted Asparagus

This lemon roasted asparagus is so easy to cook and makes the perfect veggie side.

### Ingredients

- |                                 |                                       |
|---------------------------------|---------------------------------------|
| • 1 lb fresh asparagus, trimmed | • 1 lemon , thinly sliced             |
| • 2 tbsp olive oil              | • 2 tbsp freshly squeezed lemon juice |
| • 2 cloves garlic , minced      | • 1/2 tsp sea salt                    |
| • 2 tbsp parmesan , grate       | • 1/4 tsp ground black pepper         |



### Preparation

Preheat your oven to 400 degrees F and line a rimmed baking sheet with parchment paper. Add the asparagus, lemon slices, olive oil, freshly squeezed lemon juice, sea salt, ground black pepper, minced garlic, and parmesan cheese to the baking sheet. Toss to evenly coat. Place in the oven and roast for 8-10 minutes or until the asparagus is crisp on the outside and tender in the center.

Source: *A Sweet Pea Chef*

# What's the big deal about raised blood pressure?

It's the **No.1**  
contributing risk  
for global death

Around  
**10 Million**  
people die each year  
needlessly

Only **1/2** of  
people with high blood  
pressure **are aware** of it

High blood pressure usually has  
**no symptoms** so you may not  
know you have it



Often treatable, the simplest  
way of learning if you have high  
blood pressure is to **get tested**



If left untreated, high blood pressure can lead  
to serious consequences such as **heart attacks,**  
**strokes and other cardiovascular diseases.**



## If you have high blood pressure, practice healthy habits

Take your  
medicine as  
directed



Get regular  
check-ups



Maintain a  
healthy  
weight



Eat a  
healthy diet



Exercise



Please consult your healthcare provider before starting on any diet or exercise program.

## May is National Stroke Awareness Month

While each individual may experience different stroke symptoms, the ones below are most common. Time is crucial when treating and recovering from a stroke. Act quickly. Don't wait. Stroke is a medical emergency and every second counts.

**B**



**BALANCE**

Loss of balance,  
headache/sudden  
or "thunderclap"  
headache or  
dizziness

**E**



**EYES**

Blurred vision

**F**



**FACE**

One side of the  
face is drooping

**A**



**ARMS**

Arm or leg  
weakness

**S**



**SPEECH**

Speech difficulty

**T**



**TIME**

Time to call  
for ambulance  
immediately

**Remember, strokes can happen at ANY age!**



THE MONTH OF MAY IS...

# LUPUS AWARENESS MONTH

LOVE. SUPPORT. COMMUNITY.



## FIVE

COMMON MYTHS

## ABOUT LUPUS

HERE'S WHAT YOU SHOULD KNOW:



**Myth 1:** Lupus is equally common among men and women.

**Myth 2:** Lupus only affects joints.

**Myth 3:** Lupus is contagious.

**Myth 4:** There's no treatment for lupus.



Lupus is 9 times more likely in women—especially those ages 13 to 49.

As a condition of the immune system, lupus can impact everything from the kidneys, heart and lungs to the brain and skin.

While the exact cause of lupus is unknown, experts believe it develops as a result of hormones, genetics and environmental factors. Because of this, it cannot be spread from one person to another.

Working with a rheumatologist, an expert in conditions of muscles, joints and bones, can provide a treatment option that's right for you.

Lupus is a chronic, autoimmune disease that can cause inflammation and pain in any part of your body. An autoimmune disease means that your immune system attacks healthy tissue. The Lupus Foundation of America estimates that 1.5 million Americans, and at least five million people worldwide, have a form of lupus.

When people talk about lupus, they're usually talking about Systemic lupus erythematosus (SLE). But there are three other kinds of lupus:

- **Cutaneous lupus:** a form of lupus that is limited to the skin
- **Drug-induced lupus:** a lupus-like disease caused by certain prescription drugs
- **Neonatal lupus:** a rare condition that affects infants of women who have lupus

Inflammation caused by lupus can affect many different body systems—including your joints, skin, kidneys, blood cells, brain, heart and lungs. Because lupus affects many parts of the body, it can cause a lot of different symptoms. The most common lupus symptoms are extreme fatigue, pain or swelling in the joints, swelling in the hands, feet, or around the eyes, headaches, fevers and sensitivity to sunlight or fluorescent light. Many people with lupus also have problems that affect their skin and hair, like a butterfly-shaped rash on the cheeks and nose.

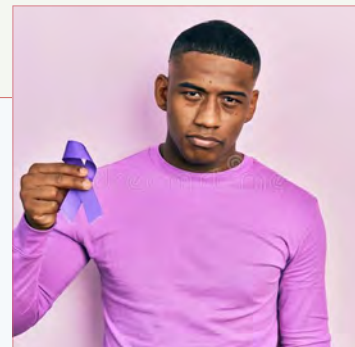
Lupus can cause serious kidney damage, and kidney failure is one of the leading causes of death among people with lupus. People with lupus are more vulnerable to infection because both the disease and its treatments can weaken the immune system. **Unfortunately, there is no cure for lupus, but treatments can help you feel better and improve your symptoms.**

Although, no one knows what causes it, lupus and other autoimmune diseases do run in families. Experts also think it may develop in response to certain hormones (like estrogen) or environmental triggers. Factors that may increase your risk of lupus include your sex, age and race. Lupus is more common in women, African Americans, Hispanics and Asian Americans. Although lupus affects people of all ages, it's most often diagnosed between the ages of 15 and 45.

It's important to have a conversation with your doctor about any changes you've experienced, how your health is being affected, and whether signs and symptoms could be due to the autoimmune disease lupus, or some other illness or condition.

Source: Lupus Foundation of America, Mayo Clinic, CDC

**Wear Purple  
on World  
Lupus Day  
May 10, 2022**



To learn more, visit [gwinnettmedicalcenter.org/suwanee](http://gwinnettmedicalcenter.org/suwanee).



# May is National Asthma & Allergy Awareness Month

Asthma is a chronic lung disease that causes your airways to become inflamed, making it hard to breathe. Common symptoms are coughing, shortness of breath, wheezing and chest tightness. These symptoms can be triggered by allergenic, dust, exercise, mold, pet dander, colds, pollution and/or smoke. **Currently, there is no cure for asthma. The best way to manage asthma is to avoid triggers, take medications to prevent symptoms and prepare to treat asthma episodes if they occur.**

Asthma and allergies often go hand-in-hand. An allergy occurs when the body's immune system sees a substance as harmful and overreacts to it. The substances that cause allergic reactions are allergens. In May, top allergens are grass pollen. There are food allergens like milk, eggs, peanuts and shellfish. Latex, pets, medicines and insect stings can also cause allergic reactions. The most common allergy symptoms can simply make you uncomfortable. For example, you may have watery eyes, runny nose, sneezing, a rash or hives. Other more serious symptoms, like trouble breathing and swelling in your mouth or throat, may be a life-threatening reaction called anaphylaxis. Nearly one in 50 Americans are at risk for having a severe allergic reaction.

There is also no cure for severe allergic reactions. You can only manage it by avoiding your allergens and carrying emergency medicine. Epinephrine is the only treatment for anaphylaxis. In honor of Asthma and Allergy Awareness Month, make a pact to **A.C.T. for Asthma and Allergy** to reduce severe asthma attacks and allergic reactions.

**A is for Action Plan:** Make an asthma action plan with your doctor. Be able to identify severe symptoms, know which medicine to take and know your asthma triggers.

**C is for Carry:** Always carry important medications and wear a medical ID to alert others of your condition.

**T is for Treatment:** Talk with your doctor about asthma treatments that may work for you. Use your medicines as prescribed. Practice how to use your emergency medicines.

Source: Asthma and Allergy Foundation of America, Mayo Clinic

## Facts:

Allergies are more common in children



Allergies tend to run in families



An allergy can occur for the first time as an adult



Up to 50 million people in the US have allergies



Allergists are specially trained to diagnose and treat allergies and asthma





**DON'T** The Friday before Memorial Day  
**FRY DAY**  
 skincancerprevention.org  
 National Council on Skin Cancer Prevention

According to the Centers for Disease Control & Prevention (CDC), skin cancer is the most common cancer in the U.S. To help reduce rising rates of skin cancer from over-exposure to the ultraviolet (UV) rays of the sun, the National Council on Skin Cancer Prevention has designated the Friday before Memorial Day as "Don't Fry Day" to encourage sun safety awareness and to remind everyone to protect their skin while enjoying the outdoors.

This Memorial Day, we want you to remember that sunscreen plays an important role in reducing skin cancer risk and preventing the early signs of skin aging (e.g., wrinkles) and sunburn. **Although dark skin does offer more natural protection from the sun's harmful rays than light skin, no one is immune to the damage caused by the sun.** Everyone, including those with dark skin, need to wear sunscreen every day. Put on broad-spectrum sunscreen with SPF 15 or higher before you go outside, even on slightly cloudy or cool days. Get help for hard-to-reach places like your back. For babies under 6 months of age, parents may apply sunscreen on small areas of skin if adequate clothing and shade are not available and sun avoidance is impossible.

Wearing sunscreen is one of many sun-protective behaviors. For a safe Memorial Day weekend or any day also consider:

- Wearing sun-protective clothing, a wide-brimmed hat, and sunglasses
- Seeking shade
- When possible, wearing long-sleeved shirts and long pants and skirts can provide protection from UV rays
- Wearing sunglasses to protect your eyes from UV rays and reduce the risk of cataracts

**Don't fry this Memorial Day. Enjoy a sun-safe weekend!**

Source: CDC, National Council on Skin Cancer Prevention



## SUN-SAFE HABITS

To reduce your risk of skin cancer, the Centers for Disease Control and Prevention recommend that you:

seek shade and limit time in the sun, especially around midday;



cover up with clothing that covers your arms and legs;



wear a wide-brimmed hat;



wear wrap-around sunglasses; and



apply a sunscreen rated sun protection factor (SPF) 15 or higher at least every two hours.



**What do you get from a pampered cow?**

**Spoiled milk.**

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

**Contact:**

Roldyne Dolce MPH, CHES®

Phone: (954) 847-8024

Email: Roldyne.dolce@flhealth.gov