

Road to WELLNESS

Embrace better health.®

SAFETY TIPS FOR 4TH OF JULY

Fireworks are synonymous with our celebration of Independence Day. Yet, the thrill of fireworks can also bring pain. On average, 230 people go to the emergency room every day with fireworks-related injuries in the month around the July 4th holiday.

Remember, fireworks can cause serious burn and eye injuries. You can help prevent fireworks-related injuries and deaths. Follow these safety tips when using fireworks:

- Never allow young children to play with or ignite fireworks.
- Avoid buying all fireworks that are packaged in brown paper because this is often a sign that the fireworks were made for professional displays and could pose a danger to consumers.



- Always have an adult supervise fireworks activities. Parents don't realize that young children suffer injuries from sparklers. Sparklers burn at temperatures of about 2,000 degrees - hot enough to melt some metals.

For more tips, visit <http://www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/Fireworks/>

BE SUMMER SAVVY- STAY ACTIVE BUT BEAT THE HEAT

The arrival of summer means days at the pool, family picnics, baseball and other outdoor activities. Here are some tips to keep your family physically active and safe in the warmer months:

- Hydrate! Drink plenty of water before, during and after physical activity to avoid dehydration. For low-calorie flavor, add slices of your favorite fruits such as melon, oranges, berries or

even cucumber or mint to a pitcher of water and refrigerate for two hours.

- Protect your family from the sun: Wear wide-brimmed hats, always apply water-resistant sunscreen with at least SPF 15 and reapply sunscreen every 2 hours.
- Be Safe: Swimming is a great way to cool off. Whenever children under age 5 are in or around water, an

adult (preferably one who knows how to swim and perform CPR) should be within arm's length, providing supervision.

- Dress for the heat: Wear lightweight, light colored clothing, choose light, breathable fabrics such as cotton, and wear sunglasses to protect your eyes.

Source: www.heart.org

THE BEST WAYS TO PROTECT YOURSELF FROM SKIN CANCER

July is UV Safety Month, and it's time to be aware of the sun's good — and bad — qualities. Remembering to wear sunscreen is only part of the equation that will help lower your risk of developing a form of skin cancer, such as melanoma.

Spending 10 to 15 minutes a day in the sun is enough to balance your Vitamin D levels, and not enough

to get you severely sunburnt. Keep in mind that a moderate amount of time spent in the sun can be good for you, but don't let your sun exposure get out of hand, and keep the sunscreen in hand.

Source: <http://www.medicaldaily.com/july-uv-safety-month-best-ways-protect-yourself-skin-cancer-290518>



JULY IS CORD BLOOD AWARENESS MONTH

The stem cells found in cord blood can rebuild and replenish the body's blood and immune systems. This ability has led to their use in treating over 80 life-threatening diseases. Cord blood stem cells are also being researched to treat the following:

- **Autism**
(1 in 88 children are diagnosed with Autism in the United States)
- **Brain Injury**
(564,000 children treated for brain injuries in the emergency room)
- **Cerebral Palsy**
(A leading cause of childhood onset disability)

- **Type 1 Diabetes**
(15,000 children are diagnosed with Type 1 Diabetes)

To learn more, visit:

www.corcell.com/blog/july-is-cord-blood-awareness-month-learn-more-about-the-benefits-of-cord-blood-banking/

Preventive Care We've Got You Covered

Did you know that you're covered at 100 percent – that means no copays, no cost sharing, and no coinsurance—for preventive services when you get them from within a participating network? Services include, but are not limited to: well-woman exams, annual physical examinations, wellchild care and immunizations, mammograms, colon cancer screenings, and more. For a complete list of covered preventive care services, please visit AvMed.org.

JULY EVENTS

Date	Time	Event	Location	Description
Saturday, July 2, 2016	7 am	Splash Dash 5K Run, Walk & Family Fun Run	Huizenga Plaza • 300 East Las Olas Blvd Fort Lauderdale	http://www.active.com/fort-lauderdale-fl/running/distance-running-races/splash-dash-5k-run-walk-and-family-fun-run-2016
Saturday, July 2, 2016	1 pm	FIU Kayak Day on the Bay	Florida International University (Biscayne Bay Campus) 3000 N.E. 151st Street, WUC 160 Miami, Fla. 33181	http://www.active.com/miami-fl/boating/kayaking-programs/fiu-kayak-day-on-the-bay-2016
Monday July 4, 2016	7 am	Firecracker Color Blaster 5k	Branford Trail Behind the Post Office Trail Branford, Fla. 32008	http://www.active.com/branford-fl/running/distance-running-races/firecracker-color-blaster-5k-2016?int=
Sunday, July 17, 2016	7:30 am	down2earth 5k-10k- Trail Run	Oleta River State Park, 3400 NE 163rd Street, North Miami Beach, Fla. 33160	http://www.halfmarathons.net/florida-2-earth-oleta-trail-half-marathon-june/
Sunday July 30, 2016	5 pm	Twilight MTB Series	Oleta River State Park, 3400 NE 163rd Street, North Miami Beach, Fla. 33160	http://www.active.com/fort-lauderdale-fl/running/distance-running-races/splash-dash-5k-run-walk-and-family-fun-run-2016

A Wellness Newsletter for AvMed Members



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