

Road to WELLNESS

Embrace better health.®

SEPTEMBER IS NATIONAL CHOLESTEROL EDUCATION MONTH



Seventy-one million American adults have high cholesterol, but only one-third of them have the condition under control. September is National Cholesterol Education Month—a good time to resolve to get your cholesterol screened.

What is cholesterol?

Cholesterol is a waxy, fat-like substance that your body needs. But when you have too much in your blood, it can build up on the walls of your arteries and form blockages. This can lead to heart disease, heart attack, and stroke. There are two kinds of cholesterol: high-density lipoprotein (HDL) and low-density lipoprotein (LDL). HDL is also called “good” cholesterol. LDL is called “bad” cholesterol. When we talk about high cholesterol, we are talking about “bad” LDL cholesterol.

What role does screening play?

Screening is the key to detecting high cholesterol. Because high cholesterol does not have symptoms, many people do not know that their cholesterol is too high. Your doctor can do a simple blood test to check your cholesterol level.

BABY SAFETY - HEATSTROKE

Heatstroke is the leading cause of non-crash, vehicle-related deaths for children. On average, every 8 days a child dies from heatstroke in a vehicle. Babies and young kids can sometimes sleep so peacefully that we forget they are even there. It can be tempting to leave a baby alone in a car while we quickly run into the store. The problem is that leaving a child alone in a car can lead to serious injury or death from heatstroke. Young children are particularly at risk, as their bodies’ heat up three to five times faster than an adult’s. These tragedies are completely preventable. Here’s how we can all work together to keep kids safe from heatstroke. Reduce the number of deaths from heatstroke by remembering to ACT:



A: Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute. And make sure to keep your car locked when you’re not in it so kids don’t accidentally lock themselves in a car.

C: Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone that is needed at your final destination. This is especially important if you’re not following your normal routine.

T: Take action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.

Source: <https://www.safekids.org/heatstroke>

To learn more about how physical activity can play a role in improving your cholesterol, visit <http://bit.ly/2bVdaMq>

ONLY THIS YEAR'S FLU SHOT WILL PROTECT YOU FROM THIS YEAR'S FLU

Flu viruses constantly change from one year to the next. So the annual vaccine changes as well. And if you count on last year's flu shot – or take a “wait and see” approach, it could be too late to get the protection you need.

For more than 50 years, hundreds of millions of flu vaccines – including millions more H1N1 vaccines – have maintained a strong safety record, closely monitored by the Food and Drug Administration and the Centers for Disease Control and Prevention (CDC).

The CDC recommends the flu vaccine for everyone over the age of six (6) months. Talk to your doctor or pharmacist about which vaccine is right for you. It's important to get an updated flu shot – earlier rather than later – every single year.

That goes for the people you care about, too.

It's Easy To Get Your Free Flu Shot.

Just Go To:

- Your Physician's Office
- Participating Pharmacies and be sure to show your AvMed ID Card

Don't depend on last year's vaccine to protect you from this year's flu. It's the best and safest protection possible for you and the people you care about.

Get vaccinated today.

For more information and CDC flu recommendations, visit www.cdc.gov

SEPTEMBER EVENTS

Date	Time	Event	Location	Description
Saturday Sept 3, 2016	8 am	Bubble RUN Miami!	Homestead Miami Speedway 1 Ralph Sanchez Speedway Blvd Homestead, Fla. 33035	https://runsignup.com/Race/FL/Homestead/BubbleRUNMiami
Saturday Sept 10, 2016	7 am	7th Annual UPS 5k	Coral Gables City Hall 405 Biltmore Way, Miami, Fla. 33134	http://teamfootworks.org/the-ups-5k/
Saturday Sept 17, 2016	8 am	BeachFAB 5K Run/ Walk	Frank Brown Park, 16200 Panama City Beach Pkwy, Panama City Beach, Fla. 32413	http://beachfab5k.org/
Sunday Sept 18, 2016	7:15 am	Your Next Step is the Cure	Charnow Park Between Garfield St. and Connecticut St. (Hollywood Beach, Fla. Boardwalk)	https://hollywood2016.yournextstepisthecure.org/
Date	Event	Description		
Saturday Sept 24, 2016	Family Health & Fitness Day USA	The 20th annual Family Health & Fitness Day USA is a national health and fitness event for families, set for Saturday, September 24, 2016. Local organizations throughout the country will host family-related health and fitness events at schools, park districts, hospitals, YMCAs/ YWCAs, malls, health clubs and other community locations.		http://www.fitnessday.com/family/

A Wellness Newsletter for AvMed Members



Road to WELLNESS

Embrace better health.®

September 2016