

FOR THE HEALTH OF IT!



Stroke Awareness Month

Did you know, about 2 million brain cells die each minute a stroke goes untreated?

Early recognition and rapid access to medical treatment can make the difference between full recovery and permanent disability. Know the signs of a stroke and act F.A.S.T.



There are different types of stroke. Ischemic, caused by a blood clot. Hemorrhagic, caused by a ruptured blood vessel. Transient Ischemic Attack (TIA), caused by a temporary clot. These three things share one commonality, your brain.

The brain is responsible for motor and sensory function. From seemingly simple things like sight, sound, smell, and touch. To more complex tasks such as thinking, remembering, understanding, planning, and problem solving.

If a stroke occurs in an area of your brain responsible for a specific function, that part of the body may not work the way it should. How you are affected by a stroke depends on the location and extent of damage to the brain.

There are many things you can do to reduce your risk of a stroke.

- Manage blood pressure
- Control cholesterol
- Reduce blood sugar
- Get active!
- Eat a well balanced diet
- Reach and maintain a healthy weight
- Stop smoking

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Skin Cancer Awareness

Skin cancer -including melanoma, basal, and squamous cell carcinomas- is the most common of all cancer types.

Most often, skin cancers are caused by exposure to ultraviolet (UV) radiation primarily from the sun. However, only a little over half of American adults use sun-protection measures.

The good news is that if diagnosed and treated early, skin cancer can often be cured. But if the disease is allowed to progress, it can result in disfigurement and possibly death.

How do you protect your skin?

When you're outdoors, protect your skin by seeking shade, wearing sun-protective clothing, and applying sunscreen that offers broad-spectrum protection, water resistance, and an SPF of 30 or higher. You need to reapply sunscreen every 2 hours and after swimming or sweating.

It's a myth that higher SPF sunscreens can be applied less frequently.

Sun protection is important every day of the year. You can get sunburned on a cloudy day and during the winter.

What symptoms should you look for?

Think ABCDE. This is for new or changing moles.

- A: Asymmetry
- B: Borders are irregular
- C: Color Variation
- D: Diameter greater than 6 millimeters- the size of a pencil eraser
- E: Evolution or change in a mole- such as itching or bleeding

Everyone should always be aware of their skin, and look for changing moles on a daily basis. People without a history of skin cancer should have total body skin examinations annually. Those with a history of cancer should be evaluated by a dermatologist twice a year and do skin self checks each month.

KNOW THE ABCDEs OF MELANOMA

Use the ABCDEs of melanoma.
Melanoma is the deadliest form of skin cancer. However, when detected early, it can be effectively treated. Look for the following warning signs of melanoma when performing skin exams:

 <p>A ASYMMETRY One half is unlike the other half.</p>	 <p>B BORDER Irregular, scalloped or poorly defined border.</p>	 <p>C COLOR Varied from one area to another; has shades of tan, brown or black; sometimes white, red, or blue.</p>	 <p>D DIAMETER While melanomas are typically greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller.</p>	 <p>E EVOLVING A mole or skin lesion that looks different from the rest or is changing in size, shape or color. Example: </p>
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 AMERICAN ACADEMY OF DERMATOLOGY | ASSOCIATION

Food Allergy Awareness Month



9 FOODS ACCOUNTS TO 90% OF ALL FOOD ALLERGY REACTIONS:

- PEANUTS
- TREENUTS
- EGGS
- SOY
- MILK
- WHEAT
- FISH
- SHELLFISH

FOOD ALLERGY IS **NOT** A FOOD INTOLERANCE. FOOD ALLERGIES INVOLVES THE IMMUNE SYSTEM WHERE THE BODY MISTAKENLY BELIEVES IS HARMFUL, AND CAN BE LIFE- THREATENING.

READ FOOD LABELS EACH AND EVERY TIME BEFORE EATING ANY FOOD PRODUCT, SINCE INGREDIENTS AND MANUFACTURING CAN CHANGE.

THERE IS NO CURE FOR FOOD ALLERGIES, STRICT AVOIDANCE IS THE ONLY WAY TO PREVENT AN ALLERGIC REACTION.

May is Arthritis Awareness Month

Basic Facts About Arthritis (for more information about arthritis visit www.arthritis.org)

- About 1 in 4 adults and hundreds of thousands of children in the U.S. have been diagnosed by a doctor with a form of arthritis or related illness.
- Contrary to the common misconception, it's not just an "old person's" disease. About two-thirds of those living with arthritis are aged 65 and under.
- There are more than 100 types of arthritis and related rheumatic diseases.
- As our nation's top cause of disability, arthritis costs the U.S. economy over \$300 billion annually in medical bills, lost wages and associated expenses.
- Most people with arthritis also have comorbidities — accompanying conditions, like heart disease, diabetes and obesity — that further jeopardizes their health.

More Interesting Tidbits

- The Centers for Disease Control and Prevention (CDC) offers more eye-opening facts: Nearly 26 million of those with arthritis in the U.S. are unable to do everyday activities. That includes everything from walking to doing household chores to engaging in work or social situations.
- More adults in rural areas of the U.S. are affected by arthritis — 1 in 3 — than in urban areas. Over half reported being limited by arthritis.
- 1 in 3 adults with arthritis are not physically active (30%), have fair to poor health (33%) and have severe joint pain (33%).

High Blood Pressure Awareness

What is high blood pressure?

High blood pressure, also called hypertension, is when the force of blood flowing through your blood vessels, is consistently too high. If you have high blood pressure, you are not alone. Nearly half of American adults have high blood pressure. Many don't even know they have it. The best way to know if you have high blood pressure is to have your blood pressure checked.

A 'silent killer.'

Most of the time there are no obvious symptoms. Certain physical traits and lifestyle choices can put you at a greater risk for high blood pressure, such as;

- Family history
- Smoking
- Physical inactivity
- Poor dietary choices

Water Safety

Drowning is the leading cause of accidental death in children ages 1-4 and second leading in children ages 5-9. Drowning can happen in an instant, and even the most vigilant parents can be caught off guard.

It's a devastating truth that often isn't discussed due to the stigma attached. Many have adopted the "it won't happen to me" line of thinking. However, data shows that 88% of drownings occur when an adult is present, further demonstrating that it can happen to anyone.

Use the 5 Layers of Protection at all times:

1. Barriers and Alarms
2. Active Supervision
3. Water Competency
4. Life Jackets
5. Emergency Preparedness

With the 5 layers in place, the risk of drowning is significantly reduced. These layers work together to create a comprehensive safety net, ensuring that individuals, especially children, are protected from accidental falls into water bodies.

When left untreated, the damage that high blood pressure does to your circulatory system is a significant contributing factor to heart attack, stroke and many other health threats.

Preventing and managing high blood pressure

Healthy lifestyle choices are a great place to start. Do your best to increase physical activity. Be aware of your diet, and try to increase healthier choices. Quit smoking. See your health care provider regularly. If you already have high blood pressure, be sure to take your medication as instructed. With proper treatment and management, you can control your blood pressure to help you live a longer and healthier life.



It's crucial to remember that lifeguards should never replace your active supervision in or around water. Even when lifeguards are present, always keep a watchful eye on your children. Lifeguards are trained professionals who play a critical role in maintaining pool safety. However, they have numerous responsibilities and may not be able to focus solely on your child at all times. We all have a role in ensuring a safe and enjoyable swimming experience.

Whether you're at a public pool, a water park, or even in your own backyard, please prioritize constant, capable, and close supervision!

To learn more visit: <https://ndpa.org/>

National Women's Health Week

EVERY MAY BEGINNING ON MOTHER'S DAY, THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES' (HHS) OFFICE OF WOMEN'S HEALTH (OWH) LEADS NATIONAL WOMEN'S HEALTH WEEK. THE OBSERVANCE AIMS TO HIGHLIGHT WOMEN'S HEALTH ISSUES AND PRIORITIES AND ENCOURAGE WOMEN OF ALL AGES TO PRIORITIZE THEIR PHYSICAL, MENTAL, AND EMOTIONAL WELL-BEING.

TIPS TO IMPROVE HEALTH CARE VISITS:

- BE OPEN
- WRITE IT ALL DOWN
- KNOW YOUR FAMILY'S HEALTH HISTORY
- BE HONEST
- BRING SUPPORT
- KNOW YOUR RIGHTS
- STAY IN TOUCH
- KEEP A HEALTH DIARY
- PUT YOUR SELF-CARE FIRST
- LEARN MORE

SCREENINGS AND DISCUSSIONS FOR EVERY STAGE OF LIFE:

CHECKUPS ARE KEY TO LIFELONG HEALTH. MAKE SURE TO SEE YOUR HEALTH CARE PROVIDER EVERY YEAR FOR EXAMS AND SCREENINGS.

Teens & 20s:

- cervical cancer (pap smear) screening at 21 and every 3 years after
- STI screening
- cholesterol screening discussion

30s:

- breast health discussion
- cholesterol screening every 5 years
- discussion about person and family health history and disease screenings

40s:

- mammogram every 1-2 years starting at 40 for women with average risk
- discussion about menopause and its symptoms
- color cancer screening at 45

50s & beyond:

- lung cancer screening at 50
- bone measurement screening at 65+

Many screenings that begin in your 20s, 30s, and 40s should occur regularly across the lifespan. talk with your healthcare provider about what routine screenings are right for you.



Gardening for Better Health

What's better than eating fresh in season vegetables from the store? When you grow the vegetables you eat. Gardening is a fun and satisfying way to eat healthier and increase physical activity.

What are some of the benefits of gardening?

- More fresh and healthy foods available for you to eat.
- More control over whether chemicals are used to treat for pests and weeds.
- Increased physical activity. Weeding, watering, picking all count towards physical activity.
- A chance to connect with nature. Studies have shown people that spend time in nature often have lower stress levels.
- Reduce your carbon footprint. By growing your own food and choosing foods grown locally there is less need to transport food long distances.
- Possibly lower your produce bill at the grocery store.

What to Consider When Starting a Garden

Location matters. You'll need a spot with plenty of sun and good drainage.



Prevent Accidental Poisonings This Spring

In Spring many people look forward to green lawns, blooming flowers and a return to the outdoors. However Spring is also a time where accidental poisonings can happen.

Many people use fertilizers, pesticides and herbicide to strengthen lawns and flower gardens and to keep pests from munching on plants or entering a home. It is important to reduce the risk of accidental poisonings especially with young

Not sure about your soil? Look for a spot that already has lots of grasses and weeds. If they can grow there it is likely so can your vegetables. Don't have a lot of space, consider a raised garden or even a porch garden.

Watch out for hidden chemicals. Try to pick a spot away from roads, driveways, old buildings (lead paint) or areas that were used for things like car or machine maintenance or storage.

Gardening Safety Tips

- Wear gloves when working in the garden to protect your hands.
- Wash with soap and water after working in the garden to remove dirt and bacteria that live in soil.
- Be careful with pesticides or other garden chemicals. Consider Integrated pest management (IPM) to reduce garden pests. For IPM tips visit [Cornell University's IPM page](#)
- Protect against the sun. Wear a wide-brimmed hat, long sleeves and sunscreen.

For more gardening tips contact your local Cornell Cooperative Extension.

children and pets. Here are a few tips to keep them safe

- Keep fertilizers and lawn chemicals in a locked cabinet when not in use.
- When using pesticides and herbicides always follow the manufacturer's instructions for safe use.
- Learn about poisonous plants that can grow in backyards and teach children not to touch or taste berries and other plants without checking with an adult first.
- Do not use poison baits for mice and rodents in areas where kids or pets can access them.
- Keep spring cleaning products in their original containers to avoid confusion and lock them up when not in use.

Ticks and Tick-Borne Diseases



BLACKLEGGED /DEER TICK



AMERICAN DOG TICK

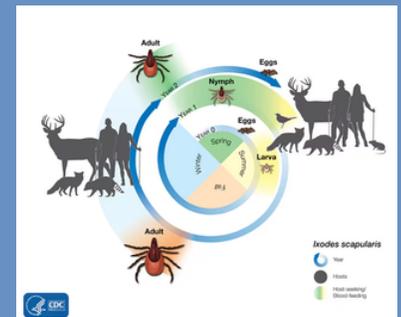


LONE STAR TICK

TICKS FOUND IN NYS AND WARREN COUNTY

MOST COMMON TICK BORNE DISEASES FOUND IN NYS AND WARREN COUNTY

LYME DISEASE
ANAPLASMOSIS
BABESIOSIS



BLACKLEGGED/DEER TICKS HAVE LIFECYCLES THAT GENERALLY LAST TWO YEARS, AND THEY NEED A NEW HOST AT EACH STAGE OF THEIR LIFE - ALL TICKS HAVE SIMILAR LIFECYCLES. THEY CAN FIND THEIR HOSTS BY DETECTING ANIMALS' BREATH, BODY ODORS, SENSING BODY HEAT, MOISTURE, AND VIBRATIONS. TICKS WAIT ON GRASS OR SHRUBS ON WELL-USED PATHS UNTIL A SUITABLE HOST WALKS BY AND THEY CAN GRAB ON - TICKS CANNOT JUMP OR FLY. TICKS INGEST PATHOGENS WHILE FEEDING ON INFECTED HOSTS AND THEN GO ON TO SPREAD THE PATHOGENS TO NEW HOSTS DURING THEIR NEXT FEEDING CYCLE.

May is Mental Health Awareness Month

Tips for What To Do If Someone Talks to You About Their Mental Health?

- **Listen.** Let them finish their sentences and complete thoughts without interrupting. After they have finished you can respond.
- **Let them know if you understand.** If someone has just spilled their guts and and you've gone through something similar—tell them. It helps a lot for someone to know they aren't alone. Make sure you don't switch the topic of conversation to your struggles though; focus on their needs.
- **Avoid being judgmental.** Don't tell them they are being weird or crazy; it's not helpful at all.
- **Take them seriously.** Try not to respond with statements that minimize how they are feeling or what they are going through, such as, "You're just having a bad week," or "I'm sure it's nothing."
- **Make yourself available to talk again if needed.** While it can be a big relief for someone to share something they have been keeping secret, mental health struggles usually aren't solved with one conversation. Let the person who has spoken with you know that they can reach out to you again if they are having a tough time. It's ok to let them know if there is a time of day or certain days of the week that you aren't available.
- **Don't turn what you've been told into gossip.** If someone is talking to you about their mental health, it was probably tough for them to work up the nerve to say something in the first place and you shouldn't share what they tell you with coworkers or other friends. Let them share on their own terms.
- **If you don't understand, do some research and learn about what you've been told.** Make sure that your information is coming from reliable sources like government agencies and health organizations.
- **Gently recommend they talk with a professional.** It's important to have friends that trust you, but if a friend indicates they have thoughts or plans of hurting themselves or another person, have been hearing voices or seeing things that no one else can hear or see, or have any other signs and symptoms that shouldn't be ignored then you need to tell them to seek the help of a professional. That doesn't make you a bad friend; it just means that the problem requires more help than you can give. If someone you know is in crisis and needs help urgently, call or text 988, text MHA to 741741, go to your local emergency room, or call 911.

For more information about mental health or ways to raise mental health awareness during the month of May visit

www.samhsa.gov/mental-health-awareness-month/toolkit

Greek Salad



1 cucumber, thinly sliced into half moons
1/2 red onion, thinly sliced.
1 packet Cherry tomatoes, halved.
1 cup halved Kalamata olive.
6 oz. Feta, cut into 1/2' cubes.
2 tbsp. red wine vinegar
Juice of 1/2 lemon
1 tsp. Dried oregano
Salt to taste
Ground black pepper
1/4 cup extra virgin olive oil

- In a large bowl, toss cucumber, onion, tomatoes, and olives. Gently fold in feta.
- In a small bowl, whisk vinegar, lemon juice, and oregano until combined. Season with salt and pepper. Slowly stream in oil, whisking until dressing is smooth and emulsified.
- Drizzle dressing over salad and toss again to combine.

Nutrition Information

Serves 4
Calories - 310
Fat - 26 gm
Sodium- 660mg
Carbohydrates- 10 gm
Fiber- 3 gm
Sugar- 6 gm
Protein - 8 gm
Calcium- 274 mg
Potassium- 397 mg