

A field of purple tulips in bloom against a green background. The tulips are in various stages of opening, with some fully bloomed and others still in bud. The background is a soft, out-of-focus green, suggesting a grassy field.

Milford Health

May 2014



Public Health
Prevent. Promote. Protect.

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May Health Observances

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4	5	6	7	8	9	10
<p><u>Children's Mental Health Awareness Week(4-10)</u></p> <p><u>North American Occupational Safety and Health Week(4-10)</u></p>	<p><u>Hand Hygiene Day</u></p> 		<p><u>National Bike to School Day</u></p> 		<p><u>Recreational Water Illness and Injury Prevention Week</u></p>	<p><u>Cornelia de Lange Syndrome Awareness Day</u></p>
11	12	13	14	15	16	17
<p><u>Food Allergy Awareness Week(11-17)</u></p>  <p><u>National Women's Health Week(11-17)</u></p>	<p><u>National Stuttering Awareness Week(12-18)</u></p> <p><u>National Alcohol-& Other Drug-Related Birth Defects Awareness Week(12-16)</u></p> <p><u>National Women's Check-up Day</u></p>					
18	19	20	21	22	23	24
<p><u>HIV Vaccine Awareness Day</u></p> 	<p><u>National Asian and Pacific Islander HIV/AIDS Awareness Day</u></p>	<p><u>World Auto-immune Arthritis Day</u></p>			<p><u>Heat Safety Awareness Day</u></p> 	
25	26	27	28	29	30	31
<p><u>National Hurricane Preparedness Week(25-31)</u></p> 			<p><u>National Senior Health & Fitness Day®</u></p>			<p><u>World No Tobacco Day</u></p> 

Monthly Health Observances

[Arthritis Awareness Month](#)

[Better Hearing and Speech Month](#)

[Global Employee Health and Fitness Month](#)

[Global Youth Traffic Safety Month](#)

[Healthy Vision Month](#)

[Hepatitis Awareness Month](#)

[Melanoma/Skin Cancer Detection and Prevention Month[®]](#)

[Mental Health Month](#)

[National Asthma and Allergy Awareness Month](#)

[National Celiac Disease Awareness Month](#)

[National Mediterranean Diet Month](#)

[National Osteoporosis Awareness and Prevention Month](#)

[National Physical Fitness and Sports Month](#)

[National Teen Pregnancy Prevention Month](#)

[Preeclampsia Awareness Month](#)

[Ultraviolet Awareness Month](#)

3 Days/3 Ways

Milford's 3 Days/3 Ways program is designed to get people prepared for any type of emergency. The message is simple: be ready to survive for a minimum of 3 days after a disaster. With a large disaster a community can go a long time without assistance so make sure to be prepared with these 3 easy steps:

- 1.) Make a plan
- 2.) Build a kit
- 3.) Get involved

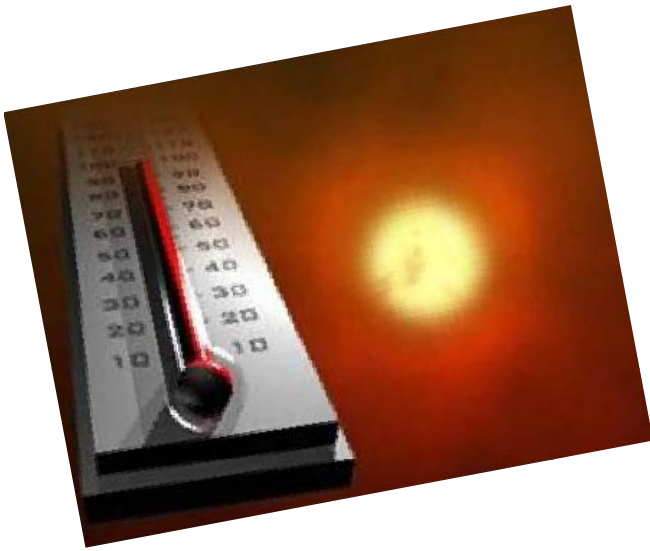
Volunteer.

Strengthen the public health infrastructure of your community; join your local MRC today.

*medical
reserve
corps*



In you are interested in becoming an MRC member [click here](#) to learn more!



Beat the Heat

After a winter full of bitter cold days, a nice hot summer sounds ideal. However, along with the heat of the summer comes the risk of heat related illnesses such as heatstroke, heat exhaustion, hyperthermia, and more. According to the National Weather Service, heat is one of the leading weather-related killers in the United States, resulting in hundreds of deaths each year. Excessive heat creates such a concern due to the fact that the body's ability to cool itself off during extremely hot and humid weather is altered; therefore, the body's temperature rises, allowing for heat-related illnesses to develop.

Luckily, the National Weather Service, along with local news channels, informs us of any heat related warnings that we may need to be aware of. Nevertheless, staying in cool, air conditioned places may not always be possible for the day ahead of you; in a case like this, here are a few tips that can help you stay safe in the heat:

- **Slow down** – Reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Children, seniors and anyone with health problems should stay in the coolest available place, not necessarily indoors.
- **Dress for summer** – Wear lightweight, light-colored clothing to reflect heat and sunlight.
- **Eat right** – Decrease your intake of meats and other proteins, as they will increase metabolic heat production and water loss.
- **Stay hydrated** – Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty. However, people with certain health issues should consult a physician before increasing their consumption of fluids. **Do not drink alcoholic beverages and limit caffeinated beverages.**
- **Spend more time in air-conditioned places** – Air conditioning in homes and other buildings significantly reduces danger from the heat. If you cannot afford an air conditioner, go to a library, store or other location with air conditioning for part of the day.
- **Don't get too much sun** – Sunburn reduces your body's ability to dissipate heat.
- **Do not take salt tablets unless specified by a physician.**

Another main concern as the temperatures rise is making sure that no one is left inside of parked vehicles. Leaving people in cars could put them at risk of hyperthermia, an acute condition that occurs when the body absorbs more heat than it can handle. Even if the windows are left slightly open, the rate at which the car heats up is still greater than the amount of heat being released by the open window. To avoid the risk of hyperthermia, make sure to never leave children, disabled adults, or pets inside of a parked vehicle.

For more tips on beating the heat, visit <http://www.nws.noaa.gov/os/heat/#firstaid>



Ultraviolet Awareness

May is Ultraviolet awareness month. While many of us focus on the effects of ultraviolet radiation on our skin, this month has been dedicated to the impact of the ultraviolet rays on our eyes. Did you know that prolonged exposure to the sun's ultraviolet rays may cause eye conditions that can lead to vision loss and blindness?

UV light comes in two different forms that we should be aware of, UV-A and UV-B rays. According to Skincancer.org, "VA rays account for up to 95 percent of the UV radiation reaching the Earth's surface. Although they are less intense than UVB, UVA rays are 30 to 50 times more prevalent. They are present with relatively equal intensity during all daylight hours throughout the year, and can penetrate clouds and glass."

Without protection, our eyes are often exposed to these harmful rays for long periods of time, especially during the warmer months. Overtime, the exposure to these UV rays can increase one's risk for cataracts, cancers of the eye, and damages to the eye. Although some people wear hats or visors in order to block the sun's rays from getting into their eyes, this type of protection is just not enough. The sun's rays are still able to enter your eyes as it reflects off other objects or the ground. To protect yourself from ultraviolet radiation it is best to wear sunglasses along with other types of protection such as clothing, hats, and sunscreen. However, not all sunglasses provide the proper amount of protection. The American Optometric Association and Prevent Blindness in America offer these recommendations:

- Blocks out 99 to 100 percent of both UV-A and UV-B radiation
- Screen out 75 to 90 percent of visible light
- Be perfectly matched in color and free of distortion and imperfection
- Have lenses that are the proper color for the activity you are doing.

While you may get caught up in trying to protect your own eyes, do not forget that children also need protection from ultraviolet rays. In fact, children are even more vulnerable to the dangerous UV rays than adults. It is important that children wear both sunglasses and hats to keep them as protected as possible.

Of course, these methods are not the only way to protect your eyes from the UV rays. Early detection is crucial in preventing and treating eye diseases and conditions. Make sure you and your loved ones receive a yearly eye exam to ensure that your efforts are paying off, and to make sure what you are doing is right for your eyes and lifestyle.



Get Active

This month is National Physical Fitness and Sports month, a perfect time to get out there and get involved in some sort of physical activity. Did you know that in America one-third of all children and two-thirds of all adults are overweight or obese? However, it is never too late to start living a healthier lifestyle.

Physical activity is very beneficial, both long term and short term. Some short term benefits include:

- Reduced mental and muscular tension
- Increased concentration

Some long term benefits include:

- Preventing chronic diseases such as heart disease, cancer, and stroke (the three leading health-related causes of death)
- Controlled weight
- Stronger muscles
- Reduce fat
- Promote strong bone, muscle, and joint development



- Increased energy level
- Increased self-esteem and self-confidence
- Conditioning the heart and lungs
- Build overall strength and endurance
- Improve sleep
- Decrease potential of becoming depressed
- Improve mental health
- Increase your chances of living longer

While some may cringe at the thought of physical activity, it is not as bad as it may seem or people may make it out to be. Physical activity is simply any form of exercise or movement of the body that uses energy. For instance, a few activities that some people may not consider as physical activity include doing chores around the house, yard work, and walking the dog.



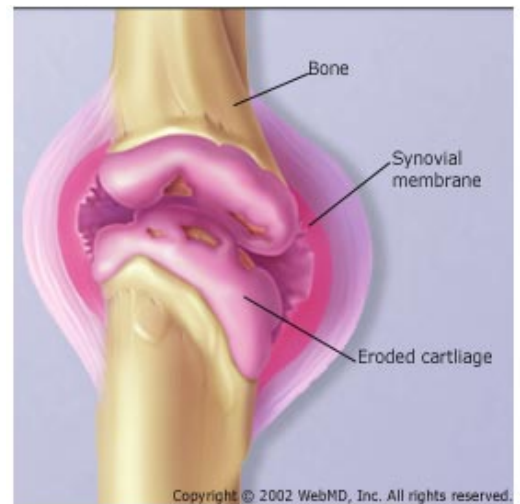
It is recommended that children and adolescents (6-17 years old) get at least 60 minutes of physical activity a day. Of these 60 minutes, the majority of the time should be spent doing either moderate- or vigorous-intensity aerobic physical activity. Adults (18-64 years old) should get at least 30 minutes of exercise a day; the majority of this time should be spent doing moderate-intensity aerobic

physical activity with a couple of days spent on strength training as well.

To get more information about getting active, [click here](#).

Arthritis

May is arthritis awareness month. The word arthritis simply means joint inflammation; however, it is used to describe more than 100 different diseases and conditions that impact the joints, the tissues that surround joints, and other connective tissue. While arthritis usually occurs in adults who are 65 and older, it can also affect people of all ages, races, and ethnic groups.



The most common form of arthritis is osteoarthritis, also known as degenerative joint disease. This disorder causes pain, swelling, and reduced motion in the joints. Although osteoarthritis can occur in almost any joint of the body, it usually impacts the hands, knees, hips, or spine. Osteoarthritis causes the cartilage within the joints to become stiff and lose its elasticity, making it more susceptible to damage. Over time, this cartilage may wear away, significantly decreasing the cartilage's ability to act as a shock absorber. As the cartilage wears away, the tendons and ligaments stretch, therefore causing pain. If severe enough, the bones can begin to rub against one another. According to the Arthritis foundation, it is recommended to do the following in order to protect joints and prevent osteoarthritis:

- **Maintain your ideal body weight**
Excess weight puts stress on your joints, especially your hips, knees, back, and feet.
- **Move**
Exercise strengthens muscles around joints; this can help prevent wear and tear on cartilage in a joint.
- **Maintain good posture**
Good posture protects your joints from excessive pressure, especially your neck, back, hips, and knees.
- **Do a variety of physical activity**
Alternate between periods of heavy activity and periods of rest; for example, if you do weight training one day, do aerobic exercise the next day. Repetitive stress on joints for long periods of time can cause the excessive wear and tear that can lead to osteoarthritis.
- **Pay attention to pain**
If you have joint pain, don't ignore it. Pain after activity or exercise can be an indication you have overstressed your joints and that they need to rest.
- **Forget the weekend warrior**
Start new activities slowly and safely until you know how your body will react to them. This will reduce the chance of injury.
- **Avoid injury to joints**
Wear proper safety equipment. Don't leave helmets and wrist pads at home. Make sure your safety gear is comfortable and fits appropriately.

To learn more about arthritis, visit <http://www.arthritis.org/>