



# Live Well, Work Well

## Employee Health Benefits Bulletin

Maple Shade Schools June 2019

# Best Summer Yet

Timely health tip: Savor the season. Eating fruits and veggies that are in season means that they will likely be from local sources, cheaper, and more flavorful.

The arrival of summer means time for a new focus on your health. Make this summer your healthiest yet!

### Surviving Summer Heat

Summer heat can be more than uncomfortable—it can be a threat to your health, especially for older adults and children. Don't let the heat dampen your summer.

**Heat exhaustion** occurs when a person cannot sweat enough to cool the body, usually the result of not drinking enough fluids during hot weather. It may develop when playing, working, or exercising outside in extreme heat. Watch for:

- » Dizziness, weakness, nausea, headache, and vomiting
- » Blurry vision, sweaty skin
- » Body temperature rising to 101°F
- » Feeling hot and thirsty
- » Difficulty speaking

**Heat stroke** is the result of untreated heat exhaustion; symptoms include:

- » Unawareness of heat or thirst
- » Body temperature rapidly rising to above 101°F



- » Loss of consciousness or seizure
- » Confusion or delirium

**Try these tips** to stay cool:

- » Drink plenty of water
- » Dress for the weather
- » Stay inside when possible
- » Eat lighter, refreshing meals

### Summer Break Reminders

If you marry, have a baby, or a similar life event occurs over the summer, be sure to notify the District at the time of the

event to update your health plans—**don't wait until school starts in September!** If you miss the initial enrollment window, you may need to wait until Open Enrollment. District offices are open over the summer—so don't wait!

Summer is a great time to catch up on wellness visits or routine labwork. Go to the *Find-a-Provider* feature at our *Benefits Online* website ([mapleshade.org / For Staff / Benefits Online](http://mapleshade.org/ForStaff/BenefitsOnline)) to search for nearby, in-network providers. Plus, the Horizon BCBSNJ lab network recently [expanded](#), so now staying in-network is even easier.

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## Men's Health Screenings

Preventive care, including regular doctor visits, is important for everyone. In our last issue, we addressed the recommended health screenings for women. Accordingly, there are certain tests and screenings that are specific to men and their needs. Consider adding these four screenings, tests, and exams into your life to promote good health and prevent the onset of certain conditions.

- 1) **Prostate cancer screening:** Men over the age of 50 should have a yearly digital rectal exam and prostate screening test.
- 2) **Testicular cancer screening:** All teenage and adult males should have a testicular exam every time they visit the doctor for a physical exam.
- 3) **Colorectal cancer screening:** Men should have a colorectal screening to detect cancerous cells and growths in the inside wall of the colon after the age of 50.
- 4) **Skin cancer screening:** Older men are twice as likely as women to develop melanoma and men, in general, are two to three times more likely to get non-melanoma basal cell and squamous cell skin cancers than women are. A skin exam by a dermatologist or other health professional should be part of a routine checkup.

To maintain your good health, speak with your doctor about these and other health screenings that may be beneficial for you and your health, including high blood pressure, diabetes, sexually transmitted diseases, and high cholesterol.



## Healthy Recipe

### Simple Tomato Salad

#### Ingredients

- » 3 tomatoes (sliced)
- » 2 Tbsp. vegetable oil
- » 2 tsp. lemon juice
- » 1/8 tsp. black pepper
- » 1/2 cup reduced-fat cheddar cheese (shredded)

#### Instructions

- 1) Place tomatoes on a plate.
- 2) Drizzle with vegetable oil and lemon juice, and sprinkle with black pepper.
- 3) Top with cheese. Serve cold.

## June: Go Purple

Wear **purple** to spread the word that June is **Alzheimer's & Brain Awareness Month**. A type of dementia commonly found in those 65 years or older, Alzheimer's causes memory and behavioral problems that worsen over time. Symptoms include disorientation, severe memory loss, behavior changes, and more. Visit [alz.org](http://alz.org) to learn more.

## National Health Observances

### June

#### Alzheimer's and Brain Awareness Month

Alzheimer's Association  
[alz.org](http://alz.org)

#### Men's Health Month

Men's Health Network  
[menshealthmonth.org](http://menshealthmonth.org)

### July

#### Juvenile Arthritis Awareness Month

Arthritis Foundation  
[arthritis.org](http://arthritis.org)

### August

#### National Immunization Awareness Month

Centers for Disease Control and Prevention  
[cdc.gov](http://cdc.gov)

#### Psoriasis Awareness Month

National Psoriasis Foundation  
[psoriasis.org](http://psoriasis.org)