

JUNE WELLNESS



JUNE IS THE MONTH OF WELLNESS TOPICS SUCH AS:

MEN'S HEALTH, NATIONAL GREAT OUTDOORS, NATIONAL SAFETY AND MIGRAINE HEADACHE AWARENESS

A PSA (prostate-specific antigen) test is a blood test for screening men for prostate cancer. The test will show if PSA levels are high or normal. High levels can be caused by an enlarged prostate, an infection, or, less often, prostate cancer. The largest study so far has shown that PSA testing may prevent a small number of men from dying of prostate cancer. Testing has also, in some instances, caused unnecessary worry and additional testing, leading to the conclusion that the high levels of PSA were not caused by cancer. When making the decision to have a PSA Test, it is helpful to know the following: the benefits of the test, the risks of having the test, what the PSA Test can and can not tell you, and what the experts recommend. For answers to these questions, visit Harvard Pilgrim's website, harvardpilgrim.org. Click on Health Topics A-Z under Top Tasks at the bottom of page.

Open a new window to reach Healthwise. Then, in the search engine put:

[Prostate Cancer Screening: Should I Have a PSA Test?](#)

June is National Great Outdoors Month. Did you know that getting outdoors and enjoying activities in the fresh air may actually help you sleep better? A study done through the University of Colorado, Boulder, looks at how circadian rhythms (shifts in the body's biological processes) are effected by light and darkness. The study suggests that time in natural light and darkness, and time away from artificial lighting, may positively effect sleep. To learn more, click here for BCBS's *a healthy me* website, www.ahealthyme.com. Then, to reach the link to the article, put: **[Time Outdoors May Deliver Better Sleep](#)** into the search engine.

June is also National Safety Month. As classroom time comes to an end for the year, many children head to the playgrounds for summer fun. Basic guidelines can help playgrounds remain safe and enjoyable. Some of these guidelines include: making sure that there is a soft surface under the play equipment, being sure that clothing is not loose enough to get caught in the equipment, checking to be sure play surfaces are not too hot if the sun is hot, and supervising children to ensure things such as using age appropriate equipment and using equipment correctly. For additional tips on playground safety, visit tuftshealthplan.com. Click on Health & Wellness, and then, to reach the link to the article, put: **[Playground Safety](#)** into the search engine.

Are you bothered by migraine headaches? Identifying what is causing them to happen can be helpful towards managing them. Triggers vary per individual. The causes of migraine headaches can range in triggers from certain odors to depression. Some common triggers include: stress, changes in the weather and skipping meals. To learn additional migraine triggers, click here for a list through Fallon's website:

[Migraine Headache Triggers](#)