

# MAY WELLNESS



## AWARENESS TOPICS OF THE MONTH INCLUDE:

### HIGH BLOOD PRESSURE, ASTHMA & ALLERGIES, SKIN CANCER AND OSTEOPOROSIS

The month of May hosts a variety of national wellness observances. Below you will find information on some important topics that are observed during May which have an impact on well-being and health.

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Knowing your blood pressure numbers, and taking steps to keep them within the normal range, is important because high blood pressure (hypertension) is directly linked to an increased risk of heart attack and stroke. Some risk factors can not be changed. However, taking steps such as getting exercise, watching sodium intake and maintaining a healthy weight can help control high blood pressure. To reach an overview of this topic offered through the BCBS *a healthy me* website, click here:

[High Blood Pressure/Hypertension](#)

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Along with warmer weather and longer days, spring also brings asthma and allergy-producing agents which may be bothersome to some people. Identifying triggers and implementing simple tips can offer relief from symptoms. Some tips include: placing screens or fans in doorways and windows, doing yard work or gardening early in the morning or later in the afternoon when pollen counts are lower, regularly changing the air filters in your home, and steam cleaning rugs and fabrics to get rid of dust mites. To read an article posted on Fallon's *Well Now* Blog, and to find a link for an Asthma Action Plan with additional tips, click here:

[Tips for Managing Asthma Symptoms](#)

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Do you know the ABCDE's of early detection for skin cancer? Examining your skin and checking moles for asymmetry, border irregularity, color, diameter and evolution can help you detect the warning signs of melanoma. To learn about detecting warning signs and ways of protecting your skin, and to see photos regarding the ABCDE's of early detection, visit Tuft's website by clicking here: [Tufts Health Plan Website](#). Click on Health & Wellness from the top tab, and then click on "library of high-quality content" under Health Library A-Z.

Type [Skin Cancer: Protecting Your Skin](#) into the search engine to reach the link.

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Osteoporosis is a disease in which bones get weak and brittle, and become susceptible to breaks. A loss of bone density is a natural part of aging, and there are some risk factors that also contribute to the condition which can not be changed. However, there are also some simple lifestyle changes that can be implemented which are helpful. These include incorporating weight-bearing exercise, getting enough calcium and vitamin D, limiting alcohol and not smoking. To reach an overview of this topic on the Harvard Pilgrim website, click here:

[Osteoporosis](#)

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