



May is

May is . . . Get Healthy Vision Month



Spread the word about the importance of eye health to seniors in your community. Many common eye diseases like diabetic eye disease, glaucoma, and age-related macular degeneration have no early warning signs, making regular checkups important. Poor vision is a risk factor for elder falls. Did you know that A Matter of Balance has been adapted to help those with low vision?

[Get Healthy Vision Month resources](#) | [Read about Low Vision Matter of Balance](#)

And don't forget hearing, too!

A recent John Hopkins research study, **Hearing Loss Linked to Three-Fold Risk of Falling**, noted that even a mild hearing loss can contribute to falls. When people have difficulty hearing, they may not have good awareness of their surroundings, increasing the likelihood of falling. A hearing assessment should be part of an overall risk assessment for falls.

[Read the study](#) | [Get a free brochure on hearing loss](#)

May is . . . Mental Health Month!

From Shackles to Well-Being... MHA's Continuing Quest



Cast from the discarded shackles from former asylums, the Mental Health Bell serves as a powerful reminder that the invisible chains of misunderstanding and discrimination continue to bind people with mental illnesses and addictions.

Mental Health America leads the fight against those invisible chains and for the health and well-being of our children, youth, families, and communities.

<http://www.mentalhealthamerica.net/>

May is Mental Health Month. Mental Health America has been leading the observance for more than 60 years. We need a Mental Health Month because in this busy world, it reminds us to focus in on what's really important. This year's key message deals with wellness. Wellness is essential to living a full and productive life. It's about keeping healthy as well as getting healthy.

One key point that struck a chord with me was MHA's definition of wellness as being more than just the absence of disease. As we all know, there is no true cure for bipolar disorder, schizophrenia, ADHD, OCD or other mental illnesses. With that in mind, MHA encourages everyone to "develop a set of skills and strategies that prevent the onset or shorten the duration of illness and promote recovery and well-being." You can accomplish that through

- a balanced diet
- regular exercise
- enough sleep
- a sense of self-worth
- development of coping skills that promote resiliency
- emotional awareness
- connections to family, friends and community

May is . . . Melanoma/Skin Cancer Detection and Prevention Month

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) rays from the sun are the main cause of skin cancer. UV damage can also cause wrinkles and blotchy skin.

The good news? Skin cancer can be prevented! Communities, health professionals, and families can work together to prevent skin cancer.

Make a difference: Spread the word about strategies for preventing skin cancer and encourage communities, organizations, families, and individuals to get involved.

How can Melanoma/Skin Cancer Detection and Prevention Month make a difference? We can all use this month to raise awareness about skin cancer and help people take action to prevent it both at home and in the larger community.

Here are just a few ideas:

- Encourage families to adopt good habits together, like wearing sunscreen and limiting their time in the sun.
- Motivate teachers and administrators to teach kids about the harm of UV rays and why it's important to protect yourself.
- Identify youth leaders in your community who can talk to their peers about taking steps to prevent skin cancer.

How can I help spread the word?

We've made it easier for you to make a difference! This toolkit is full of ideas to help you take action today. For example:

- [Add information about skin cancer prevention to your newsletter.](#)
- [Tweet about Melanoma/Skin Cancer Detection and Prevention Month.](#)
- [Host a community event where families can learn about different ways to prevent skin cancer.](#)
- [Sample Announcement](#)
- [Sample Tweets](#)



- [E-cards](#)
- [Web Badges](#)
- [Get Involved](#)
- [Share These Tools](#)
- [Find More Information](#)

Get the Word Out

[Sample Media and/or Newsletter or Listserv Announcement](#)

Sample Tweets

Q. What is the main cause of skin cancer?

A. Being exposed to UV radiation from the sun. Learn more: <http://1.usa.gov/11bdfkS>.

[Tweet This!](#)

Did you know? Skin cancer is the most common type of cancer in the U.S. Learn how to protect your skin: <http://1.usa.gov/Xp0Enx>.

[Tweet This!](#)

Want to learn more about skin cancer? Check out this short presentation from Medline

Plus: <http://1.usa.gov/19Fvbl>

[Tweet This!](#)

Go the extra step: Protect your skin from skin cancer by doing a skin self-exam. Learn how: <http://1.usa.gov/prJMNR>

[Tweet This!](#)

Be cool and wear your shades - UV rays can hurt your eyes. Get more tips for healthy eyes: <http://1.usa.gov/lgkLhw>

[Tweet This!](#)

Skin cancer affects people of all ages, including older adults. Learn how and why:

<http://1.usa.gov/jt7vYY>

[Tweet This!](#)

Health Tip: Put sunscreen on 30 minutes before you go outside.

[Tweet This!](#)

E-Cards

- [healthfinder.gov: Summer Sun Safety](#)
- [CDC: Prevent Skin Cancer](#)

Web Badge

Add this free [Web badge](#) to your Web site, blog, or social networking profile to show your support for Melanoma/Skin Cancer Detection and Prevention Month.

Get Involved

Take action to raise awareness about skin cancer prevention.

1. Host a tree-planting event. Ask your organization's leaders to plant trees around the building for members to enjoy the outdoors while staying in the shade. Consider teaming up with local environmental organizations for cross-promotion.
2. Post skin safety tips near major exits for members of your organization to read before stepping out into the sun.
3. Send a memo with vacation tips to your members. Encourage them to pack sunscreen, wear hats, and avoid direct sunlight between 10 a.m. and 4 p.m.

4. Ask a health professional (a local dermatologist, registered nurse, public health official, etc.) to demonstrate how to check skin regularly for warning signs of skin cancer.
5. [Find a free skin cancer screening near you](#) .

Adapted from the American Academy of Dermatology.

Contact the [American Academy of Dermatology](#)  at mediarelations@aad.org for more information and materials.

Share These Tools

Health Topics

- [Protect Your Skin from the Sun](#)

Personal Health Tools

- [Skin Cancer Risk Tool](#)
- [UV Index](#)

More Information (Related Resources)

- [Sunburn](#)
- [Skin Cancer](#)

Find More Information

- [American Academy of Dermatology](#)  - Melanoma/Skin Cancer Detection and Prevention Month Sponsor
- [Understanding Skin Cancer](#)  - American Academy of Dermatology
- [Choose Your Cover](#) - Centers for Disease Control and Prevention
- [Skin Cancer](#) - Centers for Disease Control and Prevention
- [AgePage: Skin Care and Aging](#) - National Institutes of Health, National Institute on Aging
- [Skin Cancer](#) - National Institutes of Health, National Cancer Institute
- [Protecting Yourself in the Sun](#) - Occupational Health and Safety Administration
- [SunWise: A Program that Radiates Good Ideas](#) - U.S. Environmental Protection Agency

[View More Resources](#)

May is . . . Brain Tumor Awareness Month



Cancer of the brain is usually called a brain tumor. There are two main types. A primary brain tumor starts in the brain. A metastatic brain tumor starts somewhere else in the body and moves to the brain. Brain tumors can be benign, with no cancer cells, or malignant, with cancer cells that grow quickly.

Brain tumors can cause many symptoms. Some of the most common are:

- Headaches, usually worse in the morning
- Nausea and vomiting

- **Changes in your ability to talk, hear, or see**
- **Problems with balance or walking**
- **Problems with thinking or memory**
- **Muscle jerking or twitching**
- **Numbness or tingling in arms or legs**

Doctors diagnose brain tumors by doing a neurologic exam and tests including an MRI, CT scan, and biopsy. People with brain tumors have several treatment options. The options are surgery, radiation therapy, and chemotherapy. Many people get a combination of treatments.

NIH: National Cancer Institute

- [Spanish \(español\)](#)

Unite to fight brain tumors during Brain Tumor Awareness Month.

Each May, the brain tumor community steps up its efforts to raise awareness, educate people about the disease, raise funds, and empower everyone affected by brain tumors.

- **Handouts** [Patient Handouts](#)