

MAY 2025

1

**World Lupus Day
High Blood Pressure Education
Month**

2

**Melanoma Monday
National Mental Health Month
Better Sleep Month**

3

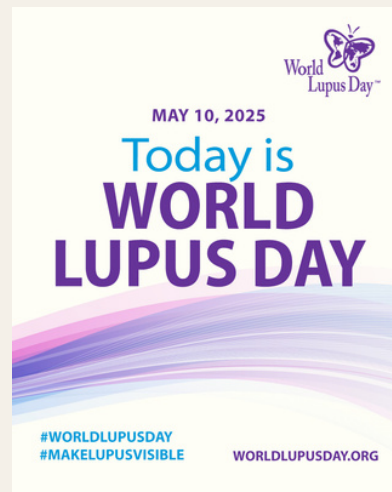
**Healthy Eating on a Budget
Food Allergy Awareness Week**

ATTENTION

We are currently accepting
submissions for our next newsletter!
Please send in your submissions no
later than the 15th of each month.
For more information, please e-mail:
Mary.Aquino@flhealth.gov

**World Lupus Day
May 10**

Today marks #WorldLupusDay, a time for us to unite in support of the millions living with lupus. Raising awareness for lupus is simple! Wear purple and share important facts about the condition. #MakeLupusVisible



MAY IS
High Blood Pressure Education Month

Talk to your healthcare provider
about what your blood pressure
numbers mean for you.



**High Blood Pressure
Education Month**

Heart disease remains the #1
cause of death in the U.S., but
there's so much you can do to
keep your heart healthy! ❤️
Start today by making
choices that benefit your
heart and overall wellness.
#HeartHealth #HealthyLiving

**What do your
blood pressure
numbers mean?**

Normal range

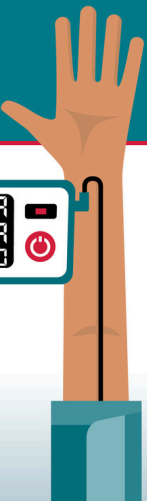
- Systolic: <120 mm Hg
- Diastolic: <80 mm Hg

Elevated range

- Systolic: 120-129 mm Hg
- Diastolic: <80 mm Hg

High blood pressure range

- Systolic: 130 mm Hg or higher
- Diastolic: 80 mm Hg or higher



Mental Health Month

NAMI's theme for this year is **"In Every Story, There's Strength."**

Mental health
journeys are unique.
The strength we find
in them is universal.

Share your story at nami.org/mham

#MyMentalHealth



Source: <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month/>

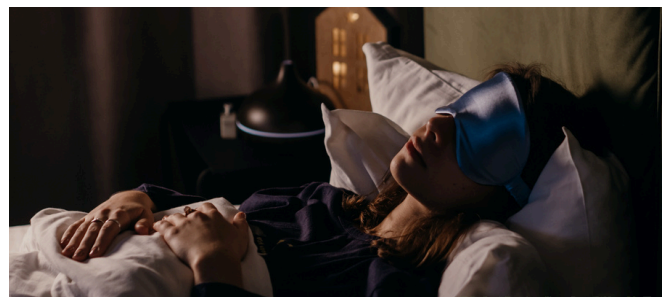
Better Sleep Month

Sleep is crucial for brain and body recovery, with deprivation leading to grogginess and impaired cognitive function, memory, mood, and energy levels. It increases the risk of accidents and can lead to chronic health issues over time. To improve sleep quality:

- Establish a consistent sleep schedule
- Avoid caffeine at night
- Limit electronic device use
- Create a comfortable bedroom environment by adjusting temperature.



Source: <https://nphic.org/news/featured-topics/1436-may-is-better-sleep-month>



Melanoma Monday – May 5



It's estimated that approximately 9,500 individuals in the United States are diagnosed with skin cancer each day.

Melanoma is the most severe form of skin cancer.

To help prevent skin cancer, it is essential to:

- Apply sunscreen and reapply it regularly
- Wear protective clothing
- Steer clear of indoor tanning, as it increases the risk of skin cancer.

Source: <https://www.aad.org/public/public-health/awareness-campaigns/skin-cancer-awareness-month>

Healthy Dinner

Vegetable and Rice Skillet Meal

A simple and mouthwatering one-pot meal that yields ample leftovers to enjoy!

- 2 teaspoons vegetable oil (or cooking oil of your choice)
- 1 onion (chopped)
- 1 teaspoon ground ginger
- 1/2 teaspoon turmeric
- 1/2 teaspoon cumin
- 2 cups mixed vegetables (chopped cauliflower, peppers, carrots, or peas)
- 1 large baking potato (diced)
- 1 cup white rice (uncooked)
- 2 1/2 cups water
- 1 can low-sodium kidney beans (15.5 ounces, drained, rinsed)
- salt (1/2 teaspoon, optional)



Steps:

1. Wash hands with soap and water.
2. Heat oil in a large skillet over medium heat.
3. Add onion, ginger, turmeric, and cumin, stir while cooking for 1 minute.
4. Add remaining ingredients. Bring to a boil, cover, and reduce heat.
5. Simmer 20 to 25 minutes. Serve hot.
6. Refrigerate leftovers with in 2 to 3 hours.

source: <https://www.myplate.gov/recipes/vegetable-and-rice-skillet-meal>

Healthy Eating on a Budget

MyPlate can help you make healthy choices within your budget. Here are some tips:

- Try out new fruits and veggies each week during the month of May.
- Plan family meals with different recipes to try.
- Cook more, eat out less.
- Use [MyPlate.gov](https://www.myplate.gov) to create a grocery plan.
- Shop for food in season as they may be more affordable.
- Find quick and easy healthy snack recipes online.
- Learn and follow food safety guidelines.

Source: [MyPlate Healthy Eating on a Budget](https://www.myplate.gov)

FOR ANY OF THE FOLLOWING SEVERE SYMPTOMS

- LUNG:** Short of breath, wheezing, repetitive cough
- HEART:** Pale or bluish skin, faintness, weak pulse, dizziness
- THROAT:** Tight or hoarse throat, trouble breathing or swallowing
- MOUTH:** Significant swelling of the tongue or lips
- SKIN:** Many hives over body, widespread redness
- GUT:** Repetitive vomiting, severe diarrhea
- OTHER:** Feeling something bad is about to happen, anxiety, confusion

OR MORE THAN ONE MILD SYMPTOM

- NOSE:** Itchy or runny nose, sneezing
- MOUTH:** Itchy mouth
- SKIN:** A few hives, mild itch
- GUT:** Mild nausea or discomfort

1 ADMINISTER EPINEPHRINE IMMEDIATELY

2 Call 911 Request ambulance with epinephrine.

Consider Additional Meds

- (After epinephrine):
- » Antihistamine
 - » Inhaler (bronchodilator) if asthma

Positioning

Lay the person flat and raise legs. If breathing is difficult or they are vomiting, let them sit up or lie on their side.

Next Steps

- » If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
- » Transport to and remain in ER for at least 4 hours because symptoms may return.

Food Allergy Awareness Week

Food Allergy Awareness Week runs from May 11 to May 17. This week is dedicated to increasing awareness about food allergies and providing guidance on how to respond in the event of an anaphylactic attack, encouraging proactive measures to effectively manage such situations.

Source: <https://www.foodallergy.org/>