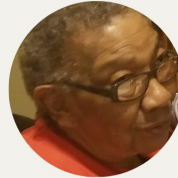


**Medi-Helpz, LLC**

## JUNE 2024 Newsletter



**Christomer Louise**



**Mary Pearl**

### **Women of C.H.L.M.S**

"If you know whence you came, there is really no limit to where you can go."  
—James Baldwin, 20th-century poet, novelist, playwright and activist



**Sandra Louise**



**Henrietta Louise**

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"To be an activist is to speak. To be an advocate is to listen. Society can't move forward without both." \_ Eva Marie Lewis

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Welcome to our June newsletter! This month, we are shining a spotlight on: Men's Health, Alzheimer's & Brain Awareness, Migraine & Headache Awareness, and PTSD (Post Traumatic Stress Awareness)

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Raise Awareness: Men's Health Matters!



## Prioritize your health this month.

Join us in spreading awareness and promoting healthy lifestyles for men everywhere.  
#MensHealthAwareness #HealthIsWealth

### June is Men's Health Month

Men's Health Month encourages men and boys to take charge of their health by making healthy lifestyle decisions. According to the Centers for Disease Control and Prevention (CDC), 13.2% of men aged 18 and over are in fair or poor health. Here are some tips to help men take control of their overall health and wellness.

- Get regular checkups. Talk to your doctor or healthcare professional about having a physical or wellness check each year. Monitor your blood pressure, cholesterol, glucose, and weight to catch potentially dangerous conditions early and get proper care, if needed. You can also use the MyHealthfinder tool to get personalized preventive services recommendations.
- Eat a healthy diet. Choose vegetables, fruits, whole grains, high-fiber foods, and lean sources of protein. Limit foods high in saturated and trans fats and avoid



REMEMBER THE MIND.

RAISE  
AWARENESS FOR  
ALZHEIMER'S AND  
BRAIN HEALTH.

June is recognized as Alzheimer's and Brain Awareness Month to bring attention to and spread the word about Alzheimer's disease and other dementia-related conditions. The Alzheimer's Association states that worldwide, there are more than 55 million people who are living with Alzheimer's or some other form of dementia. In 2020, according to the Centers for Disease Control and Prevention (CDC), as many as 5.8 million Americans were living with Alzheimer's disease. The CDC expects that number to climb to about 95 million by 2060. Currently, Alzheimer's is ranked as the sixth leading cause of death among U.S. adults. The number of people who live with Alzheimer's doubles every five years after the age of 65. In more than 90% of cases of Alzheimer's, symptoms do not show until after age 60. In 2018, the total cost for health care for those with dementia and Alzheimer's

foods with added sugar and sodium. Refer to [MyPlate](#) to find out exactly how much and what foods you need based on your height, weight, age, and physical activity level.

- Be active. Any activity is better than no activity. You can stay motivated by choosing physical activities you enjoy. Visit the Department of Health and Human Services (HHS) [Move Your Way Activity Planner](#) to set goals and get personalized tips to help you stay motivated.
- Avoid smoking and exposure to secondhand smoke. [Quitting smoking](#) improves your health and reduces your risk of heart disease, cancer, lung disease, and other smoking-related illnesses.
- Limit alcohol consumption. Limiting alcohol can reduce your risk of long-term health risks. Check out the CDC's [Dietary Guidelines for Alcohol](#) for more information.
- Manage stress. Taking steps to reduce stress can lower your risk of other conditions like heart disease, obesity, high-blood pressure, and depression.

disease was estimated to be \$277 billion.

According to the CDC, the top-five working signs for Alzheimer's are as follows:

- Memory loss that disrupts daily life: forgetting events, repeating yourself or relying on more aids to help you remember (like sticky notes or reminders).
- Challenges in planning or solving problems: having trouble paying bills or cooking recipes you have used for years.
- Difficulty completing familiar tasks at home, at work, or at leisure: having problems with cooking, driving places, using a cell phone or shopping.
- Confusion with time or place: having trouble understanding an event that is happening later or losing track of dates.
- Trouble understanding visual images and spatial relations: having more difficulty with balance or judging distance, tripping over things at home, or spilling or dropping things more often.

JUNE IS  
NATIONAL  
MIGRAINE &  
HEADACHE  
AWARENESS  
MONTH!



UNDERSTANDING PTSD

Healing from  
Trauma: A  
Journey to  
Recovery



According to the Mayo Clinic a migraine is a headache that can cause severe throbbing pain or a pulsing sensation, usually on one side of the head. It's often accompanied by nausea, vomiting, and extreme sensitivity to light and sound. Migraine attacks can last for hours to days, and the pain can be so bad that it interferes with your daily activities.

For some people, a warning symptom known as an aura occurs before or with the headache. An aura can include visual disturbances, such as flashes of light or blind spots, or other disturbances, such as tingling on one side of the face or in an arm or leg and difficulty speaking.

Medications can help prevent some migraines and make them less painful. The right medicines, combined with self-help remedies and lifestyle changes, might help..

According to the Mayo Clinic: Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.

Most people who go through traumatic events may have temporary difficulty adjusting and coping, but with time and good self-care, they usually get better. If the symptoms get worse, last for months or even years, and interfere with your day-to-day functioning, you may have PTSD.

Getting effective treatment after PTSD symptoms develop can be critical to reduce symptoms and improve function.

## Symptoms

Post-traumatic stress disorder symptoms may start within one month of a traumatic event, but sometimes symptoms may not appear until years after the event.

These symptoms cause significant problems in social or work situations and in relationships. They can also interfere with your ability to go about your normal daily tasks. PTSD symptoms are generally grouped into four types: intrusive memories, avoidance, negative changes in thinking and mood, and changes in physical and emotional reactions.

Symptoms can vary over time or vary from person to person.

**When to see a doctor**  
If you have disturbing thoughts and feelings about a traumatic event for more than

a month, if they're severe, or if you feel you're having trouble getting your life back under control, talk to your doctor or a mental health professional. Getting treatment as soon as possible can help prevent PTSD symptoms from getting worse.

For more information please visit:

<https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967>

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## June Patient Spotlight Testamonial

Good day Helen. I am sending the codes that you can share with your friend who is recovering from heart failure. You can also share these codes with anyone else you think may be interested.

A big Thank You to Dr. Ana Marie Hester for offering courses through her Patient World Network Platform. More information regarding courses will be release in the July newsletter.

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## JUNETEENTH CALENDAR

The C.H.L.M.S Medi-Helpz Foundation is excited to announce the upcoming celebration of Juneteenth in June. Below, is the current June schedule of events. We had an awesome networking experience participating in the Health & Wellness Fair hosted by the Entrepreneurs Academy on Saturday June 1,2024.

June 6 (host) Digital Learning-Health in the Neighborhood event- Weiss Hospital- 4646 N Marine Drive- Chicago, IL, 10:00 am-2:00 pm

June 8 (host) Digital Learning-Health in the Neighborhood event- Salaam Wellnes Center- 613 E 67th Street, Chicago, IL 12:00-4:00 pm

June 15 (vondor) Welcome to Fatherhood Juneteenth Father Day Event- Oak Park , IL Time TBD

June 20 (host) -Digital Learning-Health in the Neighborhood event-Salaam  
Community Wellness Center-613 E. 67th Street- Chicago, IL 12:00 pm-4:00 pm

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