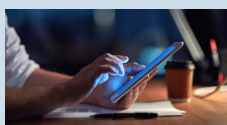




## June is PTSD Awareness Month



There are currently about 8 million people in the United States with PTSD.

PTSD, or Post-traumatic Stress Disorder, is an anxiety disorder that some people develop after seeing or living through an event that caused or threatened serious harm or death.

While PTSD may affect anyone, it commonly is seen among war veterans, children, and people who have been through a physical or sexual assault, abuse, accident, disaster, or other serious events.

Symptoms of PTSD include, but are not limited to sleep problems, irritability, anger, recurrent dreams about the trauma, intense reactions to reminders of the trauma, disturbances in relationships, and isolation.

PTSD is very common, and fortunately, treatment is available. Treatment includes different types of trauma-focused psychotherapy such as Cognitive Behavioral Therapy and Exposure Therapy as well as medications to manage symptoms.

**Click the photo to seek treatment** through the Substance Abuse and Mental Health Services Administration National Helpline, a free, confidential, 24/7, 365-day-a-year information service.

## June is Also Men's Health Month



Men's Health Month, which takes place in June, is when people around the country focus on encouraging men, boys, and their families to make healthy lifestyle choices including exercising and eating well.

Men in the United States experience death from heart disease, cancer, and unintentional injuries at rates that are higher than those of women, according to the Centers for Disease Control and Prevention. In honor of Men's Health Month, we urge men to take charge of their health and families to establish healthy behaviors for their sons early on. **To learn more about Prostate Health please click on the photo.**

## 7 Bad Habits That Affect Your Heart



7 Things Your Heart Doctor Wants You to Stop Doing Immediately

Smoking and stressing aren't the only activities that hurt your heart.

Heart disease, the leading cause of death among American men and women, is responsible for one-fourth of all deaths. Although there are some risk factors of heart disease that can't be changed, like age and family history, it is possible to decrease your risk.

Things we do every day, from the foods we eat to the activities we do, have an effect on your heart. Smoking, obesity, inactivity and an unhealthy diet all increase your risk of developing heart disease.

Eduardo Esper, MD, FACS, FCCP, a cardiothoracic, vascular and endovascular surgeon who did his cardiothoracic training at the University of Chicago and currently works with Terre Haute Regional Hospital in Terre Haute, Indiana, reveals some of the worst habits for your heart that doctors wish you'd kick. **Click the photo to continue reading.**

## Eat More Strawberries- Lower Cholesterol

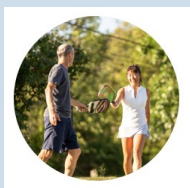


The next time you get a hankering for something sweet, bypass the cookies or cake and grab a handful of strawberries. Your heart will thank you for it.

A growing body of research suggests that berries—because of their antioxidants and other beneficial plant chemicals—may improve levels of cholesterol and other fats in the blood. Strawberries are particularly rich in these phytonutrients, making them a good choice for anyone seeking to lower their risk of cardiovascular disease.

**Click on the photo to continue reading...**

## Protect Your Heart in the Heat



Keep your heart healthy when summer temperatures rise.

You probably know winter weather can pose serious risks for your heart, but what about the summer? Hot, humid days can spell trouble, too, especially if you already have heart problems. "In general, very high heat is not good for anyone, but it is much worse for people who have heart diseases," says Devender Akula, MD, cardiologist at LourdesCare at Cherry Hill in New Jersey.

Follow these tips to protect your heart health when the temperatures soar. **Click on the photo to continue reading...**

## Emergency Room vs. Urgent Care



If you've ever wondered whether to go to an emergency room (ER) or urgent care clinic, you're not alone. Let's differentiate the following healthcare facilities.

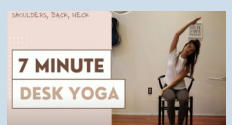
Urgent care clinics are setup to assist patients with an illness or injury that does not appear to be life threatening, but also can't wait until the next day, or for primary care practitioner to see them. For the days and hours that primary care physicians are closed, or for someone who does not have a primary care physician, urgent care centers provide easy access to quality healthcare without the hassle of an emergency room. Additionally, urgent care clinics often have far shorter wait times and lower costs than the ER... **Continue reading article by clicking the photo link.**

## Healthy Strawberry Recipes



Rich in vitamin C, potassium, fiber and folic acid, sweet, juicy strawberries are a great addition to your diet. Explore our healthy strawberry recipes, from frozen yogurt to cheesecake and salad. **Click the photo for a list of recipes.**

## Desk Yoga



We all know, sitting for long hours is not ideal for your physical health. Take a few minutes for yourself - you and your body deserve it! Follow this low-impact Desk Yoga sequence at your office or your work-from-home space for your shoulder, back, and neck health. **Click the photo to view the video.**