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## June Snippets

### Fireworks Eye Safety Month

***More than 9,000 people are injured by fireworks each year***

With the Fourth of July holiday rapidly approaching, the American Academy of Ophthalmology wants to remind you that fireworks are not toys. It's important that you follow product instructions and practice general safety habits when setting off fireworks in order to prevent devastating eye injuries.

#### Firework Safety Tips...

- Never let young children play with fireworks of any type, even sparklers.
- Leave the lighting of professional-grade fireworks to trained pyro technicians.
- Wear protective eyewear that meets the parameters set by the American National Standards Institute when handling fireworks.

You can access more safety tips by logging in to your SimplyWell member portal and watching the Eye Injuries Education Module. You will find it under the My Plan menu, and then mouse over Education Modules. Click on View All Education Modules, and type eye injuries in the search bar.

Source: [American Academy of Ophthalmology](#)

### Men's Health Month

***Observed since 1994***

Men's Health Month was created to help raise awareness of preventable health problems among men and boys. It also encourages regular health screenings to increase the odds of early detection and treatment of diseases.

Your SimplyWell Health Screening gathers data to help you assess your risk for developing diseases that are more prominent in men. Make sure to participate in your annual screening and review your results to identify any risk factors you may have. A SimplyWell Health Coach will gladly help you understand the results of your screening and help you develop an individualized plan to lower any risk factors identified.

Source: [Men's Health Network](#)

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## Migraine and Headache Awareness Month

***~29.5 million people in the United States suffer from migraines***

For more than four decades, the National Headache Foundation has worked to increase our understanding of headache and migraine as neurobiological diseases. Every June the Foundation seeks to raise awareness of this common malady through education and advocacy efforts.

Migraine is a chronic and episodic disorder, characterized by headache attacks. The exact cause of these headaches is largely unknown and each individual's symptoms may manifest differently. Some common symptoms are pulsating pain, nausea and/or vomiting, sensitivity to light and sensitivity to sound. It's important to monitor your symptoms and triggers closely and share them with your physician to help develop the best treatment plan for you.

Treat early for best outcomes...

- Treat at the first sign of an attack – don't wait!
- Keep medications with you when you go out or travel.
- Consider preventative therapy if you have frequent or severe attacks.

You can access more information about the causes of cluster headaches and migraines on your SimplyWell portal. Under the My Plan menu, mouse over Education Modules. Click on View All Education Modules, and type headaches and migraines in the search bar.

Source: [National Headache Foundation](#)