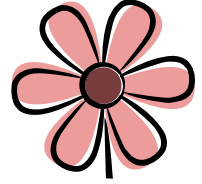




May 2026

Community Health Thoughts of the month



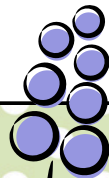
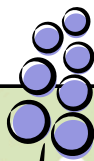
Spring into health and wellness!

May is the perfect time to step outside and let the sunshine do a little healing, whether it's a slow morning walk or just sipping your coffee in the fresh air.

Open the windows, reset your space, and give your mind a gentle spring clean along with your home.

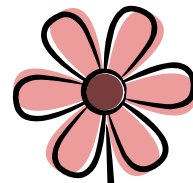
Try adding something small and nourishing to your routine, like fresh fruits, more water, or a few quiet moments just for you.

And don't forget, wellness can be simple: a deep breath, a good laugh, and a little time in nature go a long way.





May Awareness Month Topics



Skin Cancer Awareness Month

A gentle reminder to take care of the skin you're in. Protect yourself by wearing sunscreen, seeking shade, and checking your skin regularly for any new or changing spots. See the handy ABCDE of mole check list!

Hypertension Awareness Month

A good reminder to keep an eye on your blood pressure. If your readings are consistently above 120/80, it's worth getting checked and talking with a healthcare provider. High blood pressure often has no symptoms, but small steps like staying active, eating well, and managing stress can make a big difference.

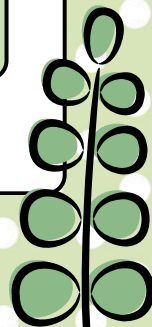
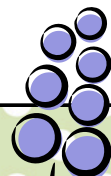
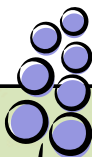
Untreated high blood pressure can:

- Increase your risk of heart attack and stroke
- Damage your kidneys
- Lead to vision problems

That's why keeping it in check, and getting it looked at if it's running high really matters.

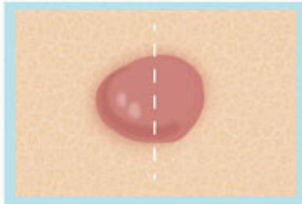



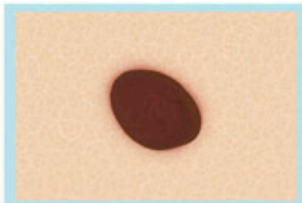
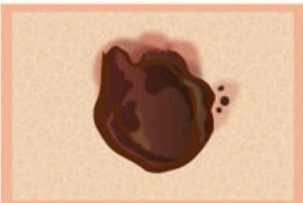




Algonquins of
Pikwakanagan
Health Services



Keep an eye on your spots!

ABCDEs MOLE OR MELANOMA?

MOLE FEATURES	BENIGN	SEE DOCTOR
A > ASYMMETRY ONE HALF OF A MOLE DOES NOT MATCH THE OTHER.		
B > BORDER THE EDGES ARE IRREGULAR, RAGGED, NOTCHED, OR BLURRED. NORMAL MOLES ARE ROUND OR OVAL.		
C > COLOR THE MOLE IS NOT EVENLY COLORED. IT MAY INCLUDE SHADES OF BROWN OR BLACK, OR PATCHES OF PINK, RED, WHITE OR BLUE.		
D > DIAMETER THE SPOT IS LARGER THAN 6 MILLIMETERS ACROSS	 <p data-bbox="954 1686 1190 1717">LESS THAN .25 IN</p>	 <p data-bbox="1247 1686 1531 1717">GREATER THAN .25 IN</p>
E > EVOLVING THE MOLE IS CHANGING IN SIZE, SHAPE, OR COLOR.	