

# MAY IS...



## Better Hearing and Speech Month

May is “Better Hearing and Speech Month”. For those of us wearing hearing aids we can appreciate the value of good hearing. Like the song says, “you don’t know what you’ve got until it’s gone”. A few people at church have talked with me about hearing aids. My recommendation for the place to start is to get your hearing evaluated (tested) by a professional. There are many choices out there for this. Then that professional would be able to steer you toward a hearing aid that will work best for you and your area of hearing loss. Here’s some info on the internet if you’re interested; American Speech-Language-Hearing Association, 2200 Research Boulevard, Rockville, MD 20850-3289, [nsslha@asha.org](mailto:nsslha@asha.org), [www.asha.org/bhsm/](http://www.asha.org/bhsm/) Materials available.



## Skin Cancer Prevention Month

Even though, as I write this, it snowed yesterday, the warmer and sunny days are coming. May is also “Skin Cancer Prevention Month”. Skin cancer is the most common cancer diagnosed in Americans. Though it is not the deadliest form of cancer in the U.S. ask anyone who has been diagnosed what lifestyle changes they had to make. Get ready to use sunscreen, latest recommendation is at least 30 SPF (SPF is Sun Protection Factor). Read the directions on how frequently the product should be reapplied. Here’s some information from the American Academy of Dermatology, [www.aad.org/public/spot-skin-cancer/programs/skin-cancer-awareness-month](http://www.aad.org/public/spot-skin-cancer/programs/skin-cancer-awareness-month). More on the internet: <https://www.healthline.com/health/skin-cancer/facts-and-stats>.