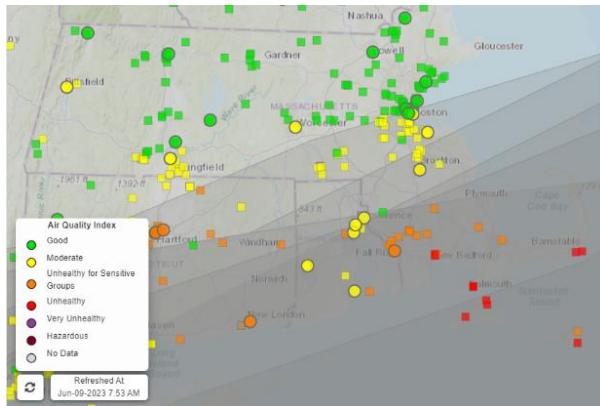


Wildfire Smoke in New England

Many of you may have noticed hazy skies earlier in the week. On June 5th, EPA reported that air quality this week in New England is unhealthy for sensitive groups due to wildfires in Quebec and Northern Ontario.

Wildfire smoke contains fine particulate matter (PM2.5) and larger particulate matter (PM10), which are solid and liquid droplets suspended in the air. Smaller particulate matter can easily pass through the nose and throat and enter the lungs and may cause more serious health effects. Larger particulate matter doesn't typically enter the lungs but can irritate the eyes, nose, and throat ([EPA](#)). Exposure to elevated fine particle pollution levels can affect both your lungs and heart which may cause breathing



problems, aggravate asthma, and other pre-existing lung diseases. For CDC tips to protect yourself from breathing wildfire smoke, click [here](#).

As of today, air quality has improved in Massachusetts, however, there continue to be uncontrolled wildfires in Canada. For more information, visit the [EPA New England's AQI Air Quality Index](#) or [AirNow.Gov](#) for current air quality conditions and forecasts throughout the country.

To read the [EPA Press Release](#) click [here](#).

Men's Health Month

June is Men's Health Month! The goal is to increase awareness of preventable health problems, encourage early detection and treatment of disease, and improve overall well-being among men and boys. Statistics indicate that men experience higher mortality rates than women, underscoring the importance of raising awareness. Regular screenings are very important. According to a Cleveland Clinic Survey conducted in 2022, 55% of men said they do not get regular health screenings. To improve men's health, it's important to raise awareness about regular check-ups and preventive screenings, including blood pressure, cholesterol, diabetes, skin cancer, prostate cancer, and colon cancer screenings for men.



On our website, we have a posted flier created by APHC interns to highlight mental health among boys and men. Feel free to share this flier on your website or social media accounts.

For more information visit:

- www.minorityhealth.hhs.gov/mens-health/
- www.uspm.com/celebrate-mens-health-month/
- www.health.harvard.edu/newsletter_article/mars-vs-venus-the-gender-gap-in-health