



JUNE 2020

MEN'S HEALTH MONTH

Men die approximately 5 years younger than women. They die at higher rates from heart disease, cancer, unintentional injuries, stroke, lung diseases, diabetes, influenza, pneumonia, suicide, kidney disease, and Alzheimer's disease.

All of this impacts their ability to be involved fathers, supportive partners, and engaged community members. **Many of these diseases can be prevented;** men can take steps to avoid them by knowing the symptoms, and having regular checkups by a health care provider.

Before your next check-up, make sure you do these four things:

Review your family health history. Are there any new conditions or diseases that have occurred in your close relatives since your last visit?

Find out if you are due for any general screenings or vaccinations. Check with your health care provider to see if its time for any recommended screening tests and vaccines based on your age, general health, family history, and lifestyle.

Write down a list of issues and questions to take with you. Be sure to write your questions down beforehand. Leave room between questions to write down your provider's answers. Review any existing health problems and note any changes.

Have you noticed any body changes, pain, fatigue, depression, anxiety, trauma, distress, or sleeping problems? Most men need to pay more attention to their health. Compared to women, men are more likely to smoke, drink too much alcohol, make unhealthy or risky choices and put off regular checkups and medical care.

SYMPTOMS OF PROSTATE CANCER

Other than skin cancer, prostate cancer is the most common cancer in American men. About 1 man in 9 will be diagnosed with prostate cancer during his lifetime.

Talk to your doctor if you have any of these symptoms:

- A need to urinate frequently, especially at night.
- Difficulty starting urination or holding back urine.
- Weak or interrupted flow of urine.
- Painful or burning urination.
- Difficulty in having an erection.
- Painful ejaculation.
- Blood in urine or semen.
- Frequent pain or stiffness in the lower back, hips, or upper thighs.

Call: 877.834.4596

Visit: <https://wellnesstherightway.hmchealthworksco.com>



CHRONIC DISEASE Q&A



WHAT ARE THE CONSEQUENCES OF BEING OVERWEIGHT? Carrying extra fat leads to serious health consequences including cardiovascular disease (mainly heart disease and stroke), type 2 diabetes and colon cancer. These conditions cause premature death or substantial disability.



HOW CAN MEN LOWER THEIR RISK FOR TYPE 2 DIABETES, HEART DISEASE AND CANCER?

- Take a walk instead of smoking a cigarette.
- Try a green salad instead of fries.
- Drink water instead of soda or juice.



CAN YOU PREVENT PROSTATE CANCER? While preventing prostate cancer may not be possible, early detection does save lives. Discuss with your doctor whether you should have a prostate cancer screening.



5 PLAYS FOR MEN TO STAY AT THE TOP OF THEIR GAME

#1

WE WILL PROTECT THIS HEART

Heart disease is the #1 killer of men. Healthier food choices build a healthier heart - make fruits and vegetables half of your plate.



#2

YOU DON'T EVEN HAVE TO LIFT

Getting just 30 minutes of exercise each day can help you live longer and healthier.



#3

PREVENTATIVE MAINTENANCE

Getting regular check-ups can catch small problems before they become big problems.



#4

QUITTING TIME

Smoking causes cancer, heart disease, stroke, and a greater risk of erectile dysfunction.



#5

HEY MAN, YOU GOOD?

Life can get tough and thinking things through with a mental health professional can help.





JUNE TIP SHEET

Prolonged adversity always intensifies preexisting mental health issues. **Anxiety, depression, and suicide rates are rising since the pandemic hit. It's important to monitor your mental health and to help those around you who may be struggling.** If you or someone else are experiencing stress, anxiety, depression, or another mental health problem - then talk about it and get professional help. Contact your doctor or reach out to an online therapist or support organizations. These resources can assist in finding ways to manage the distressing feelings in a healthy way.



Many resources are being shared in the media to support people. **This has helped to reduce the stigma around mental health and is one positive outcome from the pandemic.**

Essential workers line doctors/nurses/EMTs/hospital staff, grocery store staff, drivers and other essential workers are addressing their emotions and sharing them with the public. **Difficult emotions are being both acknowledged and normalized by talking openly about them. There is an emphasis on how we can become stronger by focusing on our mental health.**

In addition to talking to a health professional, there is a lot we can do even in a time of perceived helplessness and loss of control. **Positive psychology specifically looks at how we can focus solely on the things we can control** and how to maximize even the smallest victories.

A unique aspect of this pandemic is it gives every human the opportunity to be a hero even if only in small ways. For example, we can help keep ourselves and others safe by cleaning, wearing masks, and practicing social distancing.

We can manage our time and anxieties by helping others with shopping, food delivery or yard work. Also, you can make masks, knit, crochet, or craft various gifts to send to nursing homes and hospital staff. **There are so many simple ways that we can show empathy, compassion, and kindness right now.** Research has shown that positive feelings resulting from kindness to others last much longer than feelings derived from doing something pleasant or fun such as watching T.V.

Take one day at a time and focus on what you can control and be mindful about the small victories of the day. The good news is that people will emerge from the pandemic with more empathy. It's an extreme situation but normalizes that everyone loses their footing at times and should seek help.

