

# JUNENEWS

Empowering you with information for your emotional and physical wellbeing

## Men's Health Month

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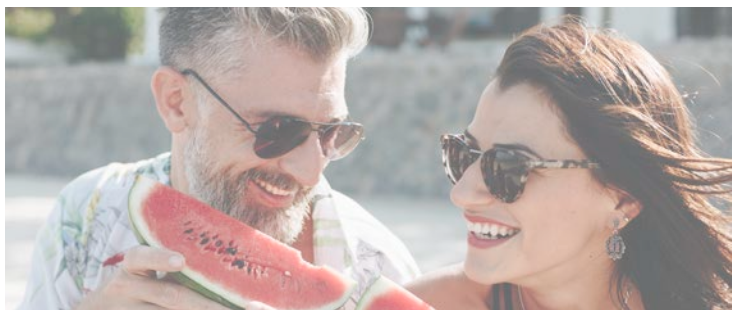
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### More than 50% of premature deaths among men are preventable

You can't prevent a problem if you don't know it exists. 40% of men don't get annual checkups. Men get sick at a younger age, die younger, have more heart disease, liver disease, alcoholism and commit suicide more than women. This impacts men's ability to be involved fathers, supportive partners, and engaged community members.

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## Tips for a long, healthy life



### Get regular check-ups and screenings.

Your physical should include blood pressure, cholesterol, diabetes, heart, colorectal, lung and prostate screenings along with necessary vaccinations. Your doctor should discuss disease prevention or treatment if necessary.



### Drop a bad habit.

Smoking and heavy alcohol consumption are linked to heart disease. Reach out to your doctor if you need help to quit. Your heart, family and wallet will thank you for it!



### Get good sleep.

Men are twice as likely to have sleep apnea. High blood pressure is linked to lack of sleep. You need 7-8 hours of good, quality sleep each night.



### Healthy eating lowers your risk of serious conditions.

Heart disease is the leading cause of death in men, but eating healthy foods can reduce your risk. Limit sugary beverages, replace a bagel with a fruit smoothie, ditch fries for fresh veggies.



### Move more, sit less.

Get up and move throughout the day. Any activity is better than none. Start gradually and increase to 150 minutes a week. Walk briskly, take the stairs, bike, do outdoor activities and indoor chores.

## Reduce your risk

### PREVENT PAINFUL KIDNEY STONES

*Drink at least 12 cups of water per day to flush out minerals that can form stones.*

### STOP SKIN CANCER

*Use SPF 30+ sunscreen and reapply every 2 hours or after swimming or excessive sweating. See a dermatologist yearly.*

### LESSEN LIVER CANCER

*Limit alcohol and tobacco use. Get a hepatitis test. Get to and stay at a healthy weight.*

### GUIDANCE FOR GOUT

*Gout attacks occur due to excess uric acid in the body. Reduce red meat, shellfish, and sugary beverages in your diet.*

### BEWARE OF BLADDER CANCER

*Workers with an increased risk include painters, machinists, printers, hairdressers, and truck drivers due to chemicals.*

### DANGER ZONE

*Use a seatbelt and motorcycle helmet. Remove home hazards and wear proper footwear to avoid falls.*

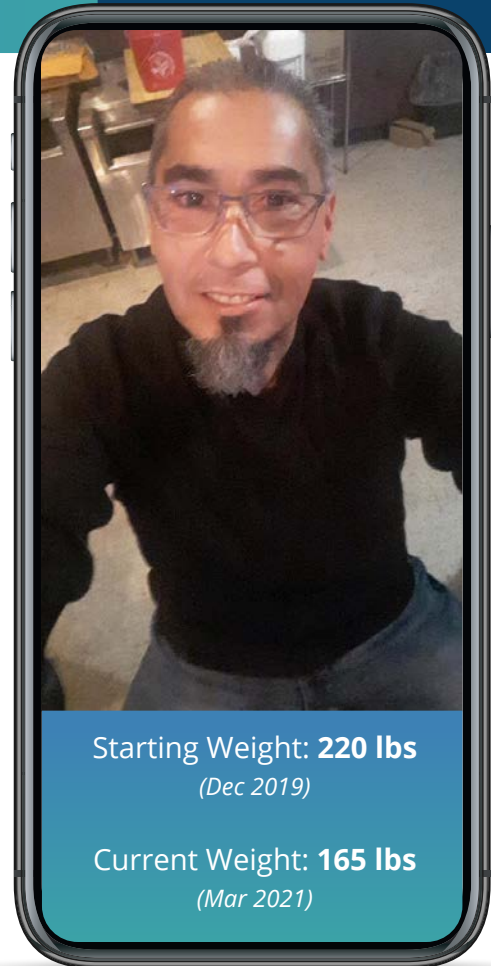
## Success story: Jaime Moreno, Age 52

### *Losing weight reduces your risk of diabetes, heart disease and cancer.*

Because Jaime was overweight and had out-of-range labs, he worked with Health Coach, Beth and started biking and improving his eating habits.

We asked Jaime about his favorite thing about the health coaching program. Here's what he said:

“ My Health Coach Beth was the best! She guided me with my goals and helped me recognize potential challenges like adapting to social distancing, different terrain/hills and weather; then I was prepared to overcome them. We also focused on my motivators – it was wonderful that my wife and son were proud of me and were on board with me and also participating! She listened, facilitated and was a cheerleader and helped me stay steady. We also talked about the high from the bike riding and exercise and how it resulted in less stress and better overall physical and mental health. ”



#### **Health Information:**

- » Identified for out-of-range labs
- » High Blood Pressure
- » High Cholesterol and Triglycerides
- » BMI greater than 30



## How to help the men in your life

### MEN-tal health

June is Men's Health Awareness Month. Men are less likely to talk about mental health problems like depression. Unchecked depression can be very serious. Only 25% of the people treated for depression are men but about 75% of the people who commit suicide are men. Since depression is a major cause of suicide, men's reluctance to seek help can lead to serious consequences.

#### ***- Men are less likely to talk about mental health problems like depression -***

Many of the issues that trigger depression can also contribute to suicide. These include problems with health, money, and work. Substance use and problems in relationships can also contribute to suicide. Old-fashioned ideas of what it means to be a man can make it difficult to talk honestly. Living with depression can feel overwhelming. Let men know they are not alone or weak and they can feel better with treatment.



Encourage the men you care about to ask themselves the following questions:

- » Have I been getting quality sleep?
- » Have I been isolating myself from family, friends or co-workers?
- » Do I have more worries or anxiety than usual?
- » Have I lost interest in activities and pursuits that usually held my attention?
- » Do I feel good about myself and my surroundings?
- » Do I feel like my life is appropriately balanced?
- » Do I have trouble concentrating?
- » Have I been sad, experiencing significant tiredness, mood swings, anger, or thoughts of suicide?
- » Has my appetite or eating habits changed recently?

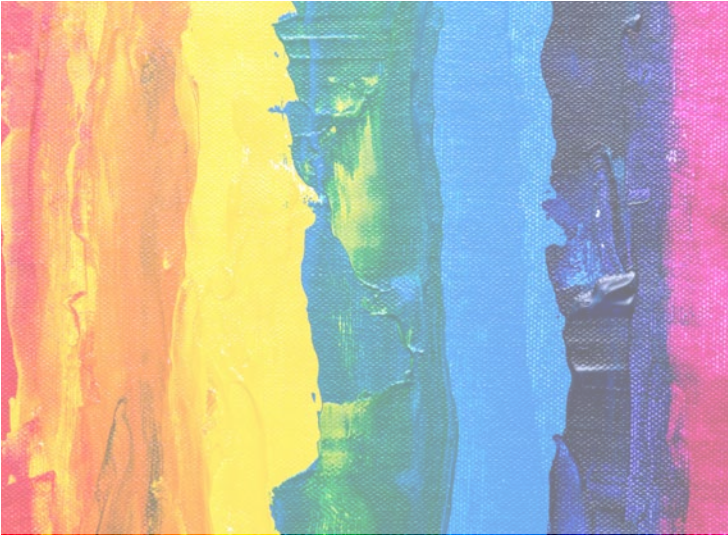
Short-term ups and downs are normal but if problems persist in one or more of these areas, men should seek support.

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## Don't miss our June webinar



### *This Month's Featured Webinar*

## **Fostering an LGBTQIA Inclusive Workplace**

**Thu, Jun 10, 2021 3:00 PM - 4:00 PM EDT**

Even with recent successes in social justice and popular culture, some gay, lesbian, bisexual, transgender, queer or questioning, intersex, and asexual or gender non-conforming employees still face bias, homophobia and discrimination in the workplace. The resulting fear and stress not only affect work performance but overall morale in environments that are not accepting or inclusive in varying degrees. In this workshop, we will clarify sexual orientation and gender identity to better prepare all participants to collectively foster an inclusive working environment for all LGBTQIA and gender non-conforming employees.

### **Register using the link below**

<https://www.ibhsolutions.com/june-webinar-2021/>

### *This Month's Featured Blog & Podcast*

## **Migraine & Headache Awareness Month**

### **Read Now:**

<https://www.hmchealthworks.com/blog/migraine-headache-awareness-month/>

## **Men's Health Month**

Dr. Valerian discusses how to make the most of your annual check-ups.

### **Listen Now:**

<https://youtu.be/DoaYRSIbBWM>