



# HEALTHY TIMES

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## MEN'S HEALTH MONTH

June is designated as National Men's Health Month. The event was created as a result of Senate Joint Resolution 179 in March 1994, to bring awareness of men's health issues. **The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.**

According to the Center for Disease Control and Prevention a study conducted in 2006 showed the leading causes of death in males in the United States to be heart disease, cancer, unintentional injuries, stroke and diabetes. The staggering reality is that heart disease and cancer account for over 50% of all deaths.

Unfortunately, statistics show that men make half as many physician visits for prevention as women. On average, men die almost 6 years younger than

women and suffer higher mortality rates for the top causes of death. The lives of hundreds of thousands of men will continue to be threatened unless immediate action is taken to combat this growing crisis.

Here is what you can do to help yourself or the ones you love.

- Talk to your dad/uncle/brother/grandfather or significant other about preventable health problems and encourage early detection.
- Take them to the doctor or give them a Father's Day card with a doctor's appointment as a gift.
- Find ways to include or increase fitness activities such as walking, bicycling, golfing, bowling, swimming, etc.

For more ideas on how to promote Men's Health Month go to [www.menshealthmonth.org](http://www.menshealthmonth.org). The life you save may be your own or of someone close to you.

Source: Center for Disease Control and Men's Health Month

## PROSTATE HEALTH FACTS

If you don't know what your prostate is or what it does, you're certainly not alone: most men don't. More than 30 million men suffer from prostate conditions that negatively affect their quality of life. Each year over 230,000 men will be diagnosed with prostate cancer and about 30,000 will die of it. Prostatitis is an issue for men of all ages and affect 35% of men aged 50 and older.

**Get your prostate checked yearly after age 40.**

Risk factors for prostate cancer include age, family history, race and diet.

### Prevention

- ✓ Eat right and avoid a high fat diet
- ✓ Watch your weight
- ✓ Exercise regularly
- ✓ Don't smoke
- ✓ Limit alcohol and avoid caffeine
- ✓ Drink lots of water
- ✓ Consult your doctor about other prevention tips.

Source: Men's Health Library.org

## MEN AND DIABETES



Type 2 diabetes is the most common type of diabetes and affects 90-95% of the 12 million men diagnosed with diabetes. Type 2 diabetes affects the way your body uses blood sugar (glucose). Poorly controlled diabetes can lead to heart disease, eye problems, nerve damage, testosterone deficiency, kidney damage, depression and other complications.

According to the American Diabetes Association, those at risk for developing type 2 diabetes include men who:

- Are over 45 years old
- Are overweight or obese
- Are African-American, Latino/Hispanic American, Native American, Asian American or Pacific Islander
- Have one or more family members with diabetes

### Here are simple steps you can take to help manage your risk for diabetes:

- ✓ Eat a varied diet rich in fruits, vegetables, whole grains, and low-fat foods.
- ✓ Get at least 30 minutes of exercise such as walking at least five times a week.
- ✓ Get your blood glucose level checked regularly, as advised by your doctor.
- ✓ Know your family's diabetes history and discuss it with your doctor.

The American Diabetes Association has additional resources available including ADA Call center at 1-800-Diabetes or online at [Diabetes.org](http://Diabetes.org)

Source: American Diabetes Association

## STAY HEALTHY AT ANY AGE

The Agency for Healthcare Research and Quality has provided the following guidelines for preventative screening tests for good health for men. **Please see your doctor to determine what screenings are best for you.**

**Colorectal Screenings:** Have a screening test for colon cancer starting at age 50. If you have a family history of colorectal cancer, you may need to be screened earlier.

**Depression:** Your emotional health is as important as your physical health.

**Diabetes.** Prior to age 45, speak to your doctor. Start screenings at age 45 then every 3 years.

**High Blood Pressure:** Starting at age 20 have your blood pressure checked at least every 2 years.

**High Cholesterol:** If you are 35 or older, have your cholesterol checked.

**HIV:** Talk with your health care team about HIV screening at least once.

**It's Your Body!:** You know your body better than anyone else. Always tell your doctor about any changes in your health, including your vision and hearing. Ask about being checked for any condition you are concerned about, not just the ones here.

Source: [www.ahrq.gov](http://www.ahrq.gov)

### COMPLEMENTS OF



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