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# ADULT HEALTH BULLETIN

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**JUNE 2012**

## THIS MONTH'S TOPIC: JUNE IS MEN'S HEALTH MONTH

**T**here are many ways men can lead safer and healthier lives. Many times, men think that if they are feeling good, all must be well with their bodies. However, just because they are feeling good does not mean that they should not see a healthcare provider for an annual check-up and take steps to be injury and illness free.

### Get a yearly check-up

Did you know that there are certain diseases or illnesses that do not have outward symptoms and signs? By going to a healthcare provider on a yearly basis, you may be able to catch problems before they become major health issues.

### Know your numbers

There are certain numbers that are often talked about during a healthcare appointment. These numbers include blood pressure, cholesterol, body mass index, and blood sugar level. If the number is not stated during the appointment, ask your healthcare provider for them. Each of those numbers has important meanings for maintaining good health. If your healthcare provider raises concern about one or more of your numbers, ask how you can move your numbers in a healthier direction.

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## *Get at least 30 minutes of physical activity 5 days a week.*

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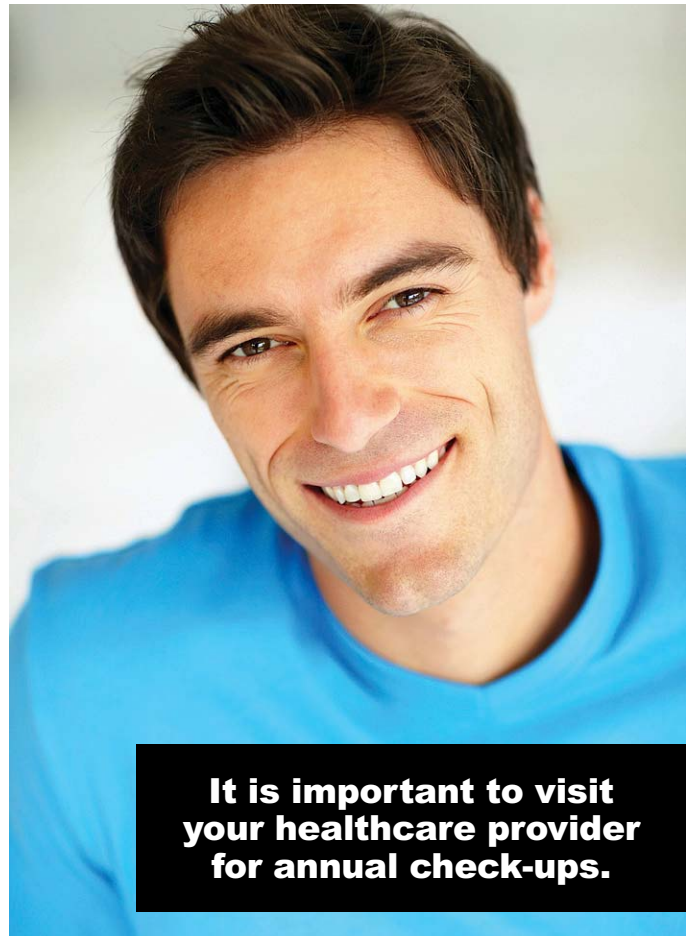
#### Practice prevention

There are small things you can do every day to stay healthy.

- **Get enough sleep** – Studies now show that not getting enough sleep is connected to health problems like diabetes, heart disease, weight gain and depression. The National Sleep Foundation suggests that adults get 7-9 hours of sleep a night. You cannot make up sleepless nights during the week by sleeping all weekend.
- **Do not smoke** – Avoid smoking and second-hand smoke. Smoking and second-hand smoke can cause various health problems. Not smoking and avoiding those who do will help prevent health problems now, and in the future.
- **Get moving** – Get at least 30 minutes of physical activity 5 days of the week. Many men have active jobs, but it is still important to do some enjoyable activity that uses different muscles or speeds up the heart rate.
- **Eat nutritious food** – Remember, it is recommended to eat fruits and vegetables every day.
- **Keep vaccinations updated** – Many people think that once they have had childhood vaccines, they no longer need new vaccinations or updates. There are many vaccines given to children that adults do not need. However, there are a few vaccinations that adults need. Talk to your healthcare provider to make sure you are up-to-date on your vaccines. Your healthcare provider will be able to help you decide what vaccines you need, and when you should get them.

When you are feeling good, it is easy to put off the yearly check-up. It is an important part of staying healthy. Do not be afraid to talk to

your healthcare provider if you have any unusual symptoms such as: excessive thirst, a new rash, a sore that will not heal, or feeling short of breath while doing normal activities.



**It is important to visit your healthcare provider for annual check-ups.**

#### REFERENCES:

- Centers for Disease Control and Prevention. Men's Health accessed at <http://www.cdc.gov/features/healthymen/> June 2011

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