

Adult Health Bulletin



JUNE 2016

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THIS MONTH'S TOPIC:

JUNE IS MEN'S HEALTH MONTH

Did you know that when compared to women, men are more likely to:

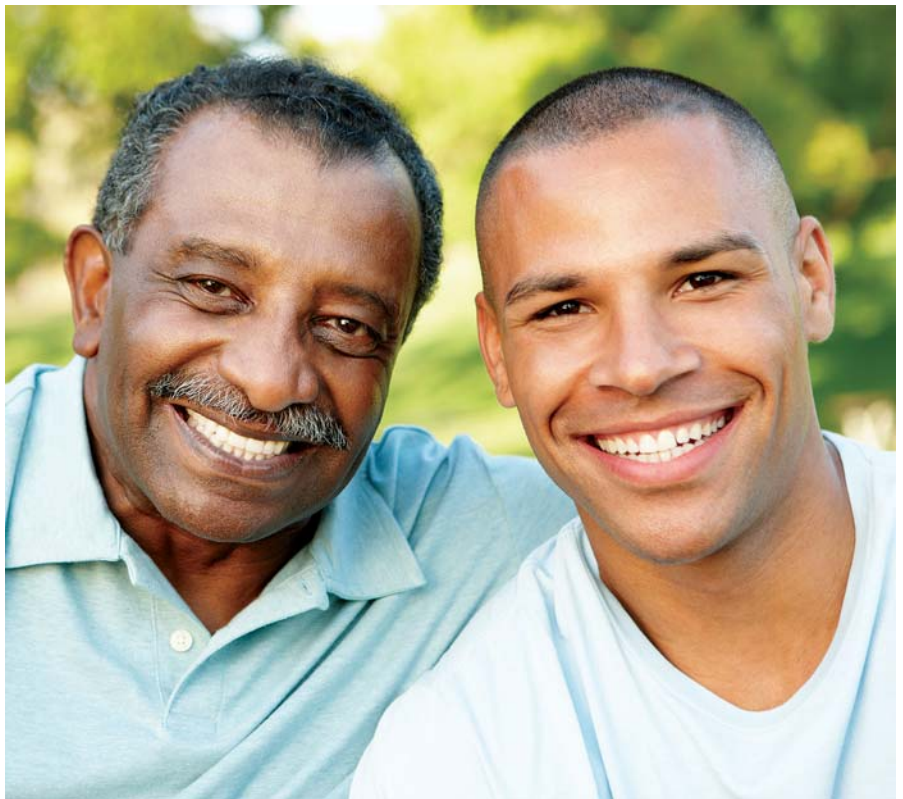
- Smoke
- Delay getting medical care
- Put off regular check-ups

It is often hard to start healthy habits, but it certainly is never too late! You can start taking charge of your health by stopping smoking, getting medical screenings and having regular check-ups. These are all important ways you can take care of yourself.

Stop smoking

Stopping smoking is one very important step toward better health. In fact, the sooner you quit smoking, the sooner the body can start to heal

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itself. When you stop smoking you will likely have more energy and can be more active with your family. Also, when you stop smoking the people that live with you will be healthier.

Don't delay getting medical care

One way to help stay healthy is to make sure you are getting screened for possible health conditions. Screenings are tests that healthcare providers use to check for illness and disease before there are any visible signs. Screenings help providers find potential problems earlier than if one waited for symptoms to show. It is also likely that if a problem is found with a screening, it will be easier to treat. Here are some screenings that you should talk to your healthcare provider about:

- **Blood pressure:** Your blood pressure should be checked at least once every two years. If you have high blood pressure, you may need a medication to lower it.
- **Cholesterol:** For a male without cholesterol issues, once every five years is usually recommended. Having high cholesterol is one of the risk factors for heart disease.
- **Colorectal cancer:** For persons over the age of 50, it is recommended that you get screened. Talk to your healthcare provider about having one sooner if colorectal cancer has occurred in your family.
- **Screening for depression:** If you have felt that you are overly stressed or anxious for more than two weeks, you may be experiencing depression. Talking to your doctor about this is important. Depression is an illness that can be treated.
- **Diabetes:** Having your blood screened for diabetes is important. This screening will make sure that your blood sugar levels are within an acceptable range. Diabetes is a serious condition that can cause problems with your eyes, heart, feet, kidneys and nerves.



Getting regular check-ups

Getting regular check-ups is an important part of staying healthy. It is important to see your healthcare provider on a regular basis even if you feel like nothing is wrong. This is important because there are many illnesses and diseases that do not show any signs at first. Another benefit of going to the doctor is that you will be able to learn more about your health.

As a group, men are less likely to go to the doctor on a regular basis and less likely to get regular screenings. They are also more likely to smoke. Working with your healthcare provider and stopping smoking are important ways in which men can make positive changes to their health. If you have not had a check-up in several years or missed out on some screenings, now is a great time to make an appointment and start working toward better health.

REFERENCES:

- Healthfinder.gov <http://healthfinder.gov/healthtopics/population/men/doctor-visits/men-take-charge-of-your-health>
- Agency for Healthcare Research and Quality <http://www.ahrq.gov/patients-consumers/patient-involvement/healthy-men/tests/index.html>

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