



JUNE IS MEN'S HEALTH MONTH

LIVE WELL, WORK WELL

June 2022

Welcome to this month's edition of Live Well, Work Well. In this issue we will be focusing on the importance of Men's Health Awareness.

National Men's Health Month – June 2022

June is National Men's Health Month! This month is all about encouraging the men in your life (including you, men out there!) to take care of their bodies by eating right, exercising, and working to prevent disease. The official symbol for the month is a blue ribbon and the purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease, and depression.

HOW TO OBSERVE NATIONAL MEN'S HEALTH MONTH

1. Tweak your diet

Men's Health Month is a great opportunity to change the way you eat. Cut back on alcohol this month or up your intake of healthy fermented foods like sauerkraut and kefir. You can do anything for a month, and if you do it for a month, you can do it for life!

2. Set some goals

Use this month to take stock of your health now and think about where you want it to be. Do you want to lose weight? Gain muscle? Simply eat more vegetables? Set small and achievable goals and work with your doctor to make them a reality.

3. Get educated

Take this opportunity to read about the common health issues that are specific to men and how you can prevent yourself from getting hurt! Check out the CDC for information on health issues that men face.

WHY NATIONAL MEN'S HEALTH MONTH IS IMPORTANT

That checks out

If you're stressing about a symptom—a busted knee, a persistent headache—it can be easy to get in a cycle of worrying about it. But going to the doctor can do two incredible things: one, it can figure out what's wrong, but two, it can keep you from worrying! Men's Health Month encourages you to get yourself checked out so you can feel better—and stop worrying.

B. A conversation starter

Men's Health Month gets people talking about health, which gets people acting about health. Gyms get joined, appointments get made, and resolutions get promised. It's a beautiful thing. Join in!

A. An excuse for pampering

Lots of things that are good for your body are also good for your soul! Play some golf, get a massage, take an extra long nap. It's all healthy, and if anyone asks the occasion, you've got an answer at the ready: Men's Health Month!

[https://nationaltoday.com/national-mens-health-](https://nationaltoday.com/national-mens-health-month/#:~:text=U.S.,and%20working%20to%20prevent%20disease.)

[month/#:~:text=U.S.,and%20working%20to%20prevent%20disease.](https://nationaltoday.com/national-mens-health-month/#:~:text=U.S.,and%20working%20to%20prevent%20disease.)



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Routine Tests for Men

When it comes to cars, you know when to change the oil, rotate the tires, and have the front end aligned. But you may not be as diligent about caring for your body as you are about your car.

The body needs routine maintenance, no matter how many miles you have on it. Some men never get that care, and end up breaking down on the road, so to speak. For many that's because they have no dealership to remind them when they're due for service.

"People bounce around from doctor to doctor and no one is really working with them on an ongoing basis," says Rick Kellerman, MD, president-elect of the American Family Physicians, who practices in Wichita, Kan.

"I think the No. 1 thing is probably establishing a relationship with a physician that you know, and that you trust, and that you can communicate with," he tells WebMD.

In addition to having a primary doctor, wouldn't it be nice to have a basic maintenance schedule for your health? Well, here you go.

Keep in mind that the following schedule is meant for generally healthy men. Recommendations may differ for men who have -- or once had -- significant medical problems, or have other factors that might increase risks.

Every Day

Fill up with good fuel - The National Institutes of Health encourages men to eat 5-9 servings of fruit and vegetables a day.

Rev your motor - Ideally, you should exercise every day. The CDC and the American College of Sports Medicine jointly recommend 30 minutes of moderate-intensity exercise (for example, a brisk walk that increases your heart rate and breathing) on most days of the week.

Monthly

Testicular self-exam - A conscientious car owner examines belts and hoses every month. They should also check their testicles that often. A self-exam is simple and quick. Gently roll each testicle between your thumb and fingers, feeling for any abnormal lumps. If you do feel a lump, talk to your doctor without delay.

Skin self-exam - Rust spots on your vehicle's exterior should be fixed before they spread. Likewise, you should keep a close watch on your skin for moles that could be cancerous. Take a moment once a month to examine your whole body, using a mirror to see your back. A suspicious mole is one that is asymmetrical, has an irregular border, uneven color, is larger than a pencil eraser, or seems to be changing in size, shape, or color.

At Six Months

Dental checkup - In addition to brushing and flossing, visit the dentist every six months for a cleaning and complete checkup.

Annually

Get a flu shot - You don't have to worry about your car catching something in a crowded parking lot. People, however, are prone to infectious diseases like influenza. Every year 5%-20% of the U.S. population comes down with the flu. The composition of the flu vaccine changes each year, so being vaccinated once is not enough. Get your shot in the fall, before the flu season peaks. The specter of bird flu has been frightening people lately but don't take typical influenza too lightly. "People get extremely sick," Kellerman says. "I've had patients, even younger patients, die of influenza."

Check blood pressure - Keeping your blood pressure in the normal range is at least as important as keeping the correct air pressure in your tires. "Everybody ought to know their blood pressure," Kellerman says. Men over age 50 or those who have a family history of high blood pressure should have it checked at least every year.

Colon cancer screening - Most routine colon cancer screening begins at the age of 50. On a yearly basis, doctors may provide special take-home tests to check for hidden blood in the stool.

Prostate cancer screening - At the age of 50 most men may start screening for prostate cancer every year. Screening may begin at a younger age for those with higher risk, such as being African-American or having a family history of prostate cancer. The two types of tests are prostate-specific antigen (PSA) testing, and the digital rectal exam. Screening can catch prostate cancer early, but studies on whether early detection saves lives have shown mixed results. "The downside is that we may find a false positive," Kellerman says. That could mean having surgery that you don't actually need. "Sit down with your physician and discuss it," Kellerman says.

Full physical exam - A routine yearly physical is a good time to touch base with your primary care provider about your health and preventive screening. It is also the time to give updates on your medical history and receive a thorough all-over exam.

At 5 Years

Get a cholesterol test - For many men aged 20 and up, having a cholesterol test every five years is sufficient. If your cholesterol is found to be borderline or if you have heart disease or certain other medical conditions, then you would need to have it monitored more frequently.

Have a sigmoidoscopy - A sigmoidoscopy test may be done every five years. This is an option for colon cancer screening in conjunction with the stool tests that are done yearly. This test looks for cancer and polyps in the lower part of the colon that could turn cancerous. A suspect polyp or cancer may be biopsied, and a colonoscopy would be done to further evaluate the entire colon.

At 10 Years - Colonoscopy

At the age of 50 years, another option for routine colon cancer screening is a colonoscopy. This test may also be ordered if either the sigmoidoscopy is abnormal or there is blood found in stool tests. It is similar to a sigmoidoscopy except that it travels farther inside so that the doctor can visualize the entire colon. A colonoscopy is an examination with a camera threaded through your, ahem, tailpipe. If normal, then it can be repeated in 10 years. Otherwise it may be necessary to repeat the procedure earlier. Biopsies can be taken and polyps can be removed during the procedure.

People with increased risk for colon cancer may begin having colonoscopy screening much earlier -- even in childhood.

Tetanus time - Have a tetanus vaccine booster every 10 years, especially if you're the kind of guy who gets a lot of cuts and scrapes. <https://www.webmd.com/prostate-cancer/features/routine-tests-men>

Men's Health

Most men need to pay more attention to their health. Compared to women, men are more likely to:

- Smoke and drink
- Make unhealthy or risky choices
- Put off regular checkups and medical care

There are also health conditions that only affect men, such as prostate cancer and low testosterone. Many of the major health risks that men face - like colon cancer or heart disease - can be prevented and treated with early diagnosis. Screening tests can find diseases early, when they are easier to treat. It's important to get the screening tests you need.

What is prostate cancer?

Cancer is a disease in which cells in the body grow out of control. Prostate cancer begins in the cells of the prostate. The prostate is a gland in the male reproductive system. It lies just below the bladder. It makes fluid that is part of semen.

Prostate cancer is one of the most common types of cancer. It often grows very slowly. If it does not spread to other parts of the body, it may not cause serious problems. But sometimes prostate cancer can grow quickly and spread to other parts of the body. This kind of prostate cancer is serious.

What causes prostate cancer?

Researchers don't know for sure what causes prostate cancer. They do know that it happens when there are changes in the genetic material (DNA).

Sometimes these genetic changes are inherited, meaning that you are born with them. There are also certain genetic changes that happen during your lifetime that can raise your risk of prostate cancer. But often the exact cause of these genetic changes is unknown.

Who is more likely to develop prostate cancer?

Anyone who has a prostate can develop prostate cancer. But certain factors can make you more likely to develop it:

- Age. Your chance of developing prostate cancer increases as you get older. Prostate cancer is rare in people under age 50.
- Family health history. Your risk of prostate cancer is higher if you have a parent, sibling, or child who has or has had prostate cancer.
- Race. African Americans are more likely to get prostate cancer. They're also more likely to:
- Get prostate cancer at a younger age.
- Have more serious prostate cancer.
- Die from prostate cancer.

Colorectal Cancer

The colon and rectum are part of the large intestine. Colorectal cancer occurs when tumors form in the lining of the large intestine. It is common in both men and women. The risk of developing colorectal cancer rises after age 50. You're also more likely to get it if you have colorectal polyps, a family history of colorectal cancer, ulcerative colitis or Crohn's disease, eat a diet high in fat, or smoke.



Symptoms of colorectal cancer include:

- Diarrhea or constipation
- A feeling that your bowel does not empty completely
- Blood (either bright red or very dark) in your stool
- Stools that are narrower than usual
- Frequent gas pains or cramps, or feeling full or bloated
- Weight loss with no known reason
- Fatigue
- Nausea or vomiting

Because you may not have symptoms at first, it's important to have screening tests. Everyone over 50 should get screened. Tests include colonoscopy and tests for blood in the stool. Treatments for colorectal cancer include surgery, chemotherapy, radiation, or a combination. Surgery can usually cure it when it is found early.

Heart Diseases

If you're like most people, you think that heart disease is a problem for others. But heart disease is the number one killer in the U.S. It is also a major cause of disability. There are many different forms of heart disease. The most common cause of heart disease is narrowing or blockage of the coronary arteries, the blood vessels that supply blood to the heart itself. This is called coronary artery disease and happens slowly over time. It's the major reason people have heart attacks.

Other kinds of heart problems may happen to the valves in the heart, or the heart may not pump well and cause heart failure. Some people are born with heart disease. You can help reduce your risk of heart disease by taking steps to control factors that put you at greater risk:

- Control your blood pressure
- Lower your cholesterol
- Don't smoke
- Get enough exercise

<https://medlineplus.gov/menshealth.html>



7 Days of Activities for Men's Health Week

Day 1: Help Them With Evaluation & Goal Setting

Since Men's Health Week begins on a Monday, you can start this activity the Thursday or Friday before. Take the time to encourage employees to evaluate their overall health and set goals.

It's easier to make healthy changes when you have a goal to work toward and a "why" to focus on.

Send out worksheets or a thought-provoking survey via email with the following details:

Your health is your most important and precious asset. As you consider the following information, think about how you can improve your health.

- What would be your prime motivation to improve your health? (Ex: Be around for your spouse or grandkids? Complete a challenge or competition? Be a role model?)
- What current unhealthy habits would you like to break?
- What does your ideal health look like in a month? 3 months? 6 months?
- What new habits do you need to incorporate for this to happen?

Encourage employees to set SMART goals. A specific and measurable goal might look like: "lose x pounds by X date by exercising 3x a week in the morning and limiting calories on two meals a day."

Day 2: Encourage a Visit to the Doctor

There are so many silent killers that can only be detected by blood work and regular physicals. Use this information to encourage male employees to schedule an exam. Employees should have a list of questions ready to discuss with their doctor not only about their physical condition but also about the doctor's treatment approach.

Activities to do:

- Set up a date for a biometric screening
- Share resources on necessary health screenings
- Schedule and send out annual screening reminders
- Pass out details on male-specific health issues like prostate cancer

As workplaces start to open back up, most employees are quite health-conscious at the moment. It may be a good time to get a baseline of the overall health of your workers. A biometric screening company like ours can help you with that.

Day 3: Discuss Appropriate Weight

Encourage employees to evaluate their weight to determine if they need to make lifestyle changes. This can be as simple as checking an online BMI calculator or checking in with their doctor. Excess weight tends to be more of an issue in men, especially as they age.

Activities to do:

- Set up a daily walking time for office employees
- Host a nutritionist for a lunch and learn event
- Spearhead a weight loss challenge for the office

Share easy ways to get started: Small changes in diet, finding enjoyable exercises, taking walks at lunch, finding an accountability buddy, etc. are tips that your employees can implement ASAP.

Day 4: Remove the Stigma Around Mental Health

While incidents of mental health tend to be lower in men, they are also less likely than women to seek treatment, according to the National Institute of Mental Health. Mental health is as important as physical health and should not be ignored. Reducing stress, dealing with trauma, and working through life events are all important and no one has to do alone — including men.

Activities to do:

- Set up a workshop on mindfulness
- Email a list of crisis help resources
- Invite a local psychologist in for a lunch and learn
- Share local mental health resources with your employees

Symptoms of mental health issues may include increased irritability, sadness or hopelessness, excessive use of alcohol or drugs, and engaging in high-risk activities.

Day 5: Encourage Eating Well

Since men are more likely to have issues with heart disease, as they age, a well-balanced diet is essential to good health. Healthy foods are not only important for weight, but for managing diseases such as diabetes and high blood pressure.

Activities to do:

- Cater a heart-healthy luncheon
- Raffle off a book on heart health
- Host a cardiologist for a lunch and learn
- Share 12 Facts You Probably Didn't Know About Your Heart

Share healthy recipes and encourage employees to make mealtimes fun, including cooking together by getting the kids or spouses involved, etc.

Day 6: Promote Daily Exercise

Daily exercise is not only important for weight loss, but a sedentary lifestyle causes many health problems. The American Heart Association reports that one in three men suffer from cardiovascular issues, which can be caused by issues like smoking, a poor diet, and lack of exercise.

Activities to do:

- Host a steps challenge
- Encourage walking meetings
- Share resources like desk exercises
- Ask your workers to sign up for a 5K

Anything you can do to encourage your employees to move daily is a step in the right direction. It can improve overall health, but especially cardiovascular health — a must for men of all ages.

Day 7: Take a Time Out

This is a perfect wrap-up for the week and right before the weekend hits. Because men are much less likely to report feelings of overwhelm or stress, it's sometimes hard to gauge when they need a break. According to The American Institute of Stress website, "A U.S. national study reported that 60 to 80 percent of doctor's visits may have a stress-related component. Stress has also been linked to a higher risk for disease, including cardiovascular disease and certain cancers." Help men learn it's okay to unwind.

Activities to do:

- Host a Mindful Monday event
- Have HR notify workers of vacation days left
- Bring in a yoga teacher for a meditation event
- Remind them to enjoy their weekend

Share with your male employees that it's important to take time away to do relaxing activities. That sometimes may include time off from work or enjoying a hobby. Encourage employees to focus on one thing at a time. That means no checking work emails when off the clock, no phones during family time, etc.

<https://info.totalwellnesshealth.com/blog/7-days-of-activities-for-mens-health-week>

Did You Know?



BlueCross BlueShield of Texas

BLUE VISION™

News for Employer Groups

Men's Health: Take Action Now to Thrive at Every Age

You may not be able to stop time from marching on. But by making a few changes, you can stay healthy as you age. Being able to live the life you want as you get older is worth the effort.

Control What You Can

Many things influence healthy aging. Some, such as your genetics, are beyond your control. Others, like exercise, a healthy diet, getting enough sleep, going to the doctor regularly and taking care of your mental health, are within your control.

We know we should exercise, sleep enough, eat right and go to the doctor. Knowing we should and doing it are two different things. But if you want to stay healthy and strong enough to live your best life at any age, doing those things is vital. And it's never too soon or too late to start forming healthy habits.

Caring for your mental health is also vital to your overall health and quality of life. It determines how we think, feel and act. So, making connections with others and finding ways to manage your stress levels and mood are key to healthy aging.

Make Good Habits Now

A recent long-term study ¹ found that sticking with certain healthy habits can add over 10 years to your life and help you avoid serious illness, like cancer, heart disease and diabetes. The study found that these five habits had the most impact:

- Eat a healthy diet with more vegetables, fruits, nuts, whole grains and healthy fats. Limit or avoid red and processed meats, sugary drinks, trans fats, and too much salt.
- Aim for a physical activity level of at least 30 minutes a day of moderate effort, like brisk walking.
- Maintain a healthy weight.
- Don't smoke.
- Limit your alcohol intake.

Getting a yearly physical exam is another important part of staying healthy for life. Seeing your doctor each year means:

- You'll get a physical exam
- Your health stats and medicines will be tracked.
- You'll get any needed shots to protect you from illness.
- You'll have recommended screenings to help catch any problems early, when they can be more successfully treated. Learn more about the screenings you may need at different ages.

Sources: ¹What Do We Know About Healthy Aging?, ²National Institute on Aging, 2022; ³Health screenings for men ages 40 to 64, ⁴National Library of Medicine, 2022; ⁵Five healthy habits net more healthy years, ⁶Harvard Medical School, 2020; ⁷Men's Health: Lifestyle Tips for Men Over Age 50, ⁸Cleveland Clinic, 2020; ⁹How much physical activity do adults need?, ¹⁰Centers for Disease Control and Prevention, 2022; ¹¹What to Know About Cardio for Men Over Fifty, ¹²WebMD, 2021

Last Month's Events:

"Mental Health Awareness Seminar"

Pete Lopez - \$10 Little Caesars Gift Card



Self-Care Tuesday



Zumba Wednesday



Fun Friday



Upcoming Events:

Walking Program

Tuesdays and Thursdays
4:30PM at your designated facility

Family Health and Fitness Day

Thursday, June 9, 2022
Bentsen State Park
6:30 PM

Brunchin' & Mammos

Friday, June 10, 2022
11:00 AM – 2:00 PM
MRMC Meeting Rooms ABS

Health & Wellness Seminar

"Men's Health Awareness"
Thursday, June 16, 2022
2:30 PM – 3:30 PM

Via Zoom:

<https://us02web.zoom.us/j/9904662781?pwd=SGVIL3JZRFV RdENzW XI5VUxFT1ZUQT09>

Employee Picnic

Friday, June 17, 2022
6:00 PM – 9:00 PM
Mayberry Pool

PTSD Awareness Seminar

"PTSD Awareness"
Thursday, June 30, 2022
2:30 PM – 3:30 PM

Via Zoom:

<https://us02web.zoom.us/j/9904662781?pwd=SGVIL3JZRFV RdENzW XI5VUxFT1ZUQT09>

Let's Get Moving

GLADIATOR

FULL BODY WORKOUT



50 jumping jacks



20 tricep dips



40 squats



50 mountain climbers



20 modified v-sits



20 push ups with rotation



20 up & down planks



4 SETS

REST BETWEEN SETS 45 SECONDS