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Southwest Center
FOR AGRICULTURAL HEALTH, INJURY PREVENTION, AND EDUCATION

Monthly Safety Blast

Produced by the Southwest Center for Agricultural Health, Injury Prevention and Education

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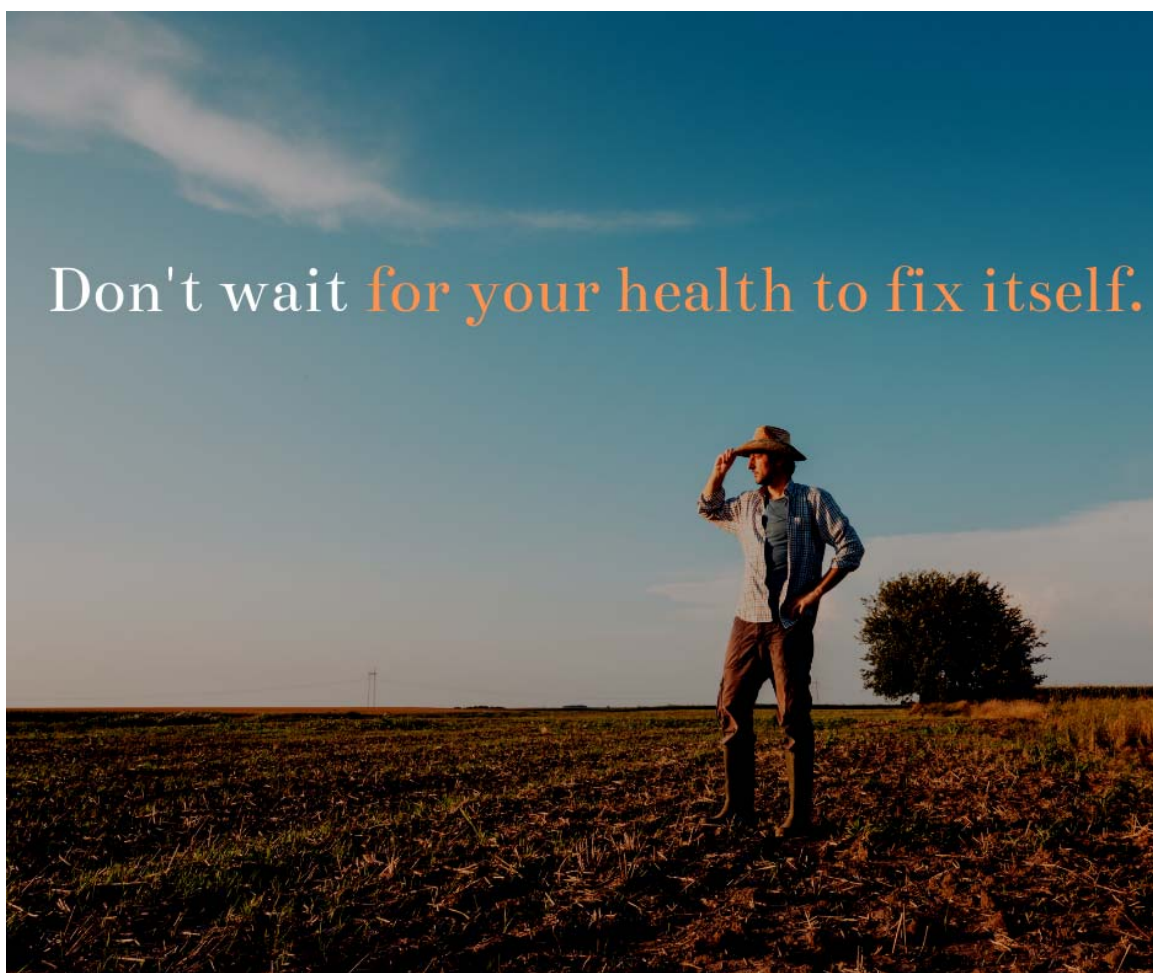
Men's Health Month

The month of June can be important to people for many reasons. Not just because it marks the beginning of summer break (for some) but it also means Father's Day. If you are lucky like me, you have or had a father in your life that did everything he could for you to have a great life. My dad fought hard to give me and my sister opportunities that would positively affect us for the rest of our lives. He was always there for us no matter what. He continues to play a major role in our family. Our dad is the strongest person I know.

Our father would do anything he could for us. To him, that included going to doctor appointments, getting screening, and taking care of his body and mind. He was diagnosed with Hashimoto's syndrome about 5 years ago. This disease occurs when the body's immune system attacks the thyroid causing a handful of symptoms. They are treatable and fairly easy to manage if you take care of your health. Around the same time, my paternal grandfather was diagnosed with prostate cancer. He was always reluctant to seek medical care, but my dad encouraged him get things checked out before it got worse. My grandfather had many friends who passed away from health issues that never got treated simply because they didn't take their health seriously. They left their loved ones behind and in need.

These two stories are important to me because they represent two men that believed seeking care was not only beneficial to them, but also to their families. They know that a short-term investment in their health could lead to a lifetime of benefits.

As the saying goes "an ounce of prevention is worth a pound of cure."



Below are some helpful facts and resources for any stage of life. Whether you struggle with smoking, drinking, bad eating habits, etc. we have provided the resources you need to change your health and change your life for the better.

Keep Moving

- Men are more likely to exercise than women.
- Regular physical activity helps improve your overall health and lowers your risk for heart disease, stroke, type 2 diabetes, depression, and some cancers.
- Try a fitness app. Check out <https://www.mensjournal.com/gear/18-best-health-and-fitness-apps-2018> to learn about the 18 best health and fitness apps.

Eat Healthy

- Fewer than 1 in 10 men eat their recommended five servings of fruits and vegetables daily.
- Join the ranks of men who are losing weight and managing stress by choosing to eat healthy.

- You can track your food on your phone with a health app. Learn more at <https://www.digitaltrends.com/mobile/best-health-apps/>.

Quit Smoking

- Smokers are up to 20 times more likely to develop lung cancer than nonsmokers.
- Life expectancy for smokers is at least a decade less than for nonsmokers.
- Smokers with prostate cancer may be more likely to die from the disease than nonsmokers.
- Smoking can damage DNA in men's sperm, which can cause an increased risk of infertility.
- Smoking continues to have a profound impact on the health and well-being of men and their families in the United States.
- Learn strategies to stop smoking from the American Lung Association. Visit them online at <https://www.lung.org/stop-smoking/>.

Check Your Heart Health

- Men are more likely to exceed the recommended sodium intake than women, increasing their risk for high blood pressure, heart disease and stroke.
- Erectile dysfunction can be a sign of poor cardiovascular health.
- Thirty-six (36%) of men age 20 and older have hypertension (high blood pressure), which can lead to severe complications and increases the risk of heart disease, stroke, and death.
- Learn more about a heart healthy diet and the 8 steps you can take to prevent heart disease at <https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702>.

Prostate Health Facts

- In the U.S., about 1 in 9 men will be diagnosed with prostate cancer in their lifetime.
- With timely diagnosis, testicular cancer is most likely treatable and most often curable. It is the most common cancer in men 15 to 34 years old.
- Do you have questions about your prostate health? Check out <https://www.webmd.com/men/prostate-enlargement-bph/what-is-the-prostate#1> to learn more.



Take care of yourself.
They depend on you.

Resources:

<https://urologyhealth.org/media-center/mens-health-month-2019https://www1.nyc.gov/site/olr/wellness/wellness-menshealth.page>
<https://www.fda.gov/tobacco-products/health-information/mens-health-and-smoking>
<http://www.menshealthresourcecenter.com/>
<http://www.sjph.org/menshealth>

Make sure to check out our facebook page this month for special testimonials on men's health.

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Sharing is caring!



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Produced by the Southwest Center for Agricultural Health, Injury Prevention and Education. For more information, contact us at 903-877-5998 or by email to agcenter@uthct.edu.
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