

HealthyBy Choice

...One Day at a Time

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Men's Health Network - Message for Men's Health Month

There are several times in his life a man should be getting routine appointments with his health care provider to ensure that he is maintaining good health. Men are not invincible and should be engaging with their providers on a regular basis. Regular check-ups and appointments mean taking responsibility for your health and well-being and being a real man.

To coincide with the new decade and renewed responsibility for health, especially in the time of Coronavirus, here's a breakdown of each decade of a man's life, and when he should be getting certain check-ups with his healthcare provider:

20s:

- Every year – a physical exam, blood pressure analysis, blood test & urine analysis, rectal exam, STD testing, self-performed testicular exam
- Every 5 years – TB skin test
- Every 10 years – Tetanus booster

30s:

- Every year – a physical exam, blood pressure analysis, blood test & urine analysis, rectal exam, STD testing, self-performed testicular exam, electrocardiogram (EKG) for heart abnormalities
- Every 5 years – TB skin test
- Every 10 years – Tetanus booster

40s:

- Every year – a physical exam, blood pressure analysis, blood test & urine analysis, rectal exam, STD testing, self-performed testicular exam, electrocardiogram (EKG) for heart abnormalities, prostate specific antigen (PSA) screening, hemocult test
- Every 5 years – TB skin test
- Every 10 years – Tetanus booster
- With physician's discretion – chest x-ray, testosterone screening

50+:

- Every year – a physical exam, blood pressure analysis, blood test & urine analysis, rectal exam, STD testing, self-performed testicular exam, electrocardiogram (EKG) for heart abnormalities, prostate specific antigen (PSA) screening, hemocult test
- Every 5 years – TB skin test
- Every 10 years – Tetanus booster
- With physician's discretion – chest x-ray, testosterone screening, bone density screening

During Men's Health Month, it is important to emphasize the importance of each of these screenings and check-ups. Each and every one is necessary for maintaining good health and being aware of your body. This decade, let's decide to dedicate more time and focus to our health.

Improve the Quality and Length of your Life

- Eat a varied diet rich in fruits, vegetables, whole grains
- Be Active – 150 minutes a week
- Protect yourself from the sun
- Maintain a healthy weight
- Drink lots of water
- Don't smoke
- Limit alcohol
- Practice safe sex
- Wear a seatbelt
- Manage your stress



Make prevention a priority!



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National Safety Month: Heat Illness Can Be Fatal

Heatstroke

Heatstroke occurs when the ability to sweat fails and body temperature rises quickly. Heatstroke is often fatal, and those who survive may have permanent damage to their organs.

Someone experiencing heatstroke will have extremely hot skin, and an altered mental state, ranging from slight confusion to coma. Seizures also can result. Ridding the body of excess heat is crucial for survival.

- Move the person into a half-sitting position in the shade
- Call for emergency medical help immediately
- Humidity below 75%...spray the victim with water and fan them vigorously, humidity above 75%...apply ice to neck, armpits or groin.
- Do not give aspirin or acetaminophen
- Do not give the victim anything to drink

Heat Exhaustion

When the body loses an excessive amount of salt and water, heat exhaustion can set in. Symptoms are similar to those of the flu and can include severe thirst, fatigue, headache, nausea, vomiting and, sometimes, diarrhea. Other symptoms include profuse sweating, clammy or pale skin, dizziness, rapid pulse and normal or slightly elevated body temperature. Uncontrolled heat exhaustion can evolve into heatstroke, so make sure to treat the victim quickly.

- Move them to a shaded or air-conditioned area
- Give them water or other cool, nonalcoholic beverages
- Apply wet towels or having them take a cool shower

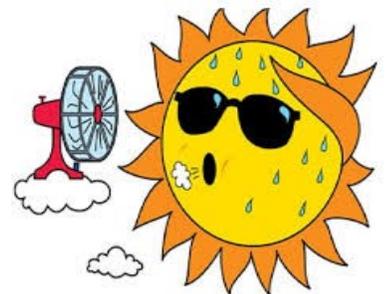
Heat cramps

Heat cramps are muscle spasms that usually affect the legs or abdominal muscles, often after physical activity. Excessive sweating reduces salt levels in the body, which can result in heat cramps.

- Sit or lie down in the shade.
- Drink cool water or a sports drink.
- Stretch affected muscles.
- Seek medical attention if you have heart problems or if the cramps don't get better in an hour.

If outdoors on hot days:

- Drink more liquid than you think you need and avoid alcohol
- Wear loose, lightweight clothing and a hat
- Replace salt lost from sweating by drinking fruit juice or sports drinks
- Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.
- Wear sunscreen; sunburn affects the body's ability to cool itself
- Pace yourself when you run or otherwise exert your body



Chill Out! Avoid Heat Stress!

