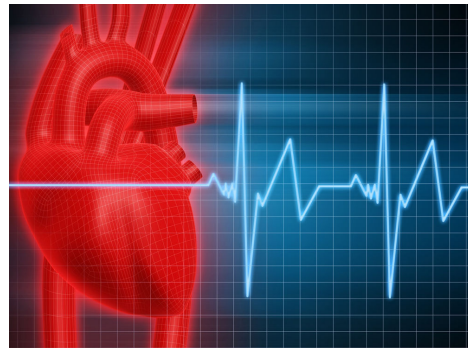


From the Parish Nurse:

JUNE: MEN'S HEALTH

"Long life to you! Good health to you and your household! And good health to all that is yours!" 1 Samuel 25:6 NIV

Men can live healthier, longer lives just by knowing their health threats and how to work through those risks. Statistics show that heart disease is the number one threat with cancer, injuries, stroke, COPD (respiratory disease), diabetes, flu, suicide, kidney disease, and Alzheimer's making up the top ten. By listening to your body and adopting good lifestyle habits, you can decrease your risk for life-threatening health issues.



A healthy, balanced diet will greatly reduce the risk for five of the top ten threats: heart disease, cancer, stroke, diabetes, and kidney disease. Fruits, vegetables, and whole grains are heart healthy selections and can fight some cancers as well. They also help maintain a healthy weight which is necessary for the prevention of diabetes and kidney failure which is a complication of diabetes and high blood pressure.



Risky behavior can cut a man's life short and is easily preventable. Accidents from automobiles, falls, and the use of chemicals can be fatal or seriously debilitating so wear seat belts, drive safely, use chemicals in a well-ventilated area, and use ladders carefully. Also lose the smoking habit as it increases your risk of heart disease, cancer, and complications with respiratory disease and diabetes.

The three remaining health threats - flu, suicide, and Alzheimers - can be decreased by being proactive, eating right, and avoiding risky behavior. Exercise, get an annual flu shot, don't smoke, and eat a healthy diet to prevent illness and stimulate your brain. Avoid falls which have an apparent link to Alzheimers and avoid addictions to prevent suicides and self-harm.

Know your body, listen to its needs, and see your physician when things do not seem right. Your families want a future with you so look at your life and see what can be changed. A few simple adjustments can give you better health and longer life. *(Source: National Library of Medicine www.nlm.nih.gov/medlineplus/menshealth.html)*