

June 2014



June is Men's Health Month! Men: Stay Healthy at Any Age



Get the Screenings You Need → Screenings are tests that look for diseases before you have symptoms. You can get some screenings, such as blood pressure readings, in your doctor's office. Others, such as colonoscopy, a test for colon cancer, need special equipment, so you may need to go to a different office. After a screening test, ask when you will see the results and who you should talk to about them.

- **Abdominal Aortic Aneurysm.** *If you are between the ages of 65 and 75 and have ever been a smoker, (smoked 100 or more cigarettes in your lifetime) get screened once for abdominal aortic aneurysm (AAA).* AAA is a bulging in your abdominal aorta, your largest artery. An AAA may burst, which can cause dangerous bleeding and death. An ultrasound, a painless procedure in which you lie on a table while a technician slides a medical device over your abdomen, will show whether an aneurysm is present.
- **Colon Cancer.** *Have a screening test for colorectal cancer starting at age 50.* If you have a family history of colorectal cancer, you may need to be screened earlier.
- **Depression.** *Your emotional health is as important as your physical health.* Talk to your doctor or nurse about being screened for depression, especially if during the last 2 weeks:
 - You have felt down, sad, or hopeless.
 - You have felt little interest or pleasure in doing things.
- **Diabetes.** *Get screened for diabetes (high blood sugar) if you have high blood pressure or if you take medication for high blood pressure.* Diabetes can cause problems with your heart, brain, eyes, feet, kidneys, nerves, and other body parts.
- **Hepatitis C virus (HCV).** *Get screened one time for HCV infection if:* You were born between 1945 and 1965. You have ever injected drugs. You received a blood transfusion before 1992.



- **High Blood Cholesterol.** *If you are 35 or older, have your blood cholesterol checked regularly with a blood test.* High cholesterol increases your chance of heart disease, stroke, and poor circulation. *Talk to your doctor or nurse about having your cholesterol checked starting at age 20 if:*
 - You use tobacco.
 - You are overweight or obese.
 - You have diabetes or high blood pressure.
 - You have a history of heart disease or blocked arteries.
 - A man in your family had a heart attack before age 50 or a woman, before age 60.
- **High Blood Pressure.** *Have your blood pressure checked at least every 2 years.* High blood pressure can cause strokes, heart attacks, kidney and eye problems, and heart failure.

- **HIV.** *If you are 65 or younger, get screened for HIV.* If you are older than 65, ask your doctor or nurse whether you should be screened.
- **Lung Cancer:** Talk to your doctor or nurse about getting screened for lung cancer if you are between the ages of 55 and 80, have a 30 pack-year smoking history, and smoke now or have quit within the past 15 years. (Your pack-year history is the number of packs of cigarettes smoked per day times the number of years you have smoked.) ***Know that quitting smoking is the best thing you can do for your health.***
- **Overweight and Obesity.** ***The best way to learn if you are overweight or obese is to find your body mass index (BMI).*** You can find your BMI by entering your height and weight into a BMI calculator, such as the one available at: <http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm>.
 - A BMI between 18.5 and 25 indicates a normal weight. Persons with a BMI of 30 or higher may be obese. If you are obese, talk to your doctor or nurse about getting intensive counseling and help with changing your behaviors to lose weight. Overweight and obesity can lead to diabetes and cardiovascular disease.

Immunizations →

- Get a flu shot every year.
- If you are 60 or older, get a shot to prevent shingles.
- If you are 65 or older, get a pneumonia shot.
- Get a shot for tetanus, diphtheria, and whooping cough. Get a tetanus booster if it has been more than 10 years since your last shot.
- Talk with your health care team about whether you need other vaccinations.

BE
(a healthier)
YOU

Take Steps Every Day to Be Healthy at Any Age →



- **Be physically active and make healthy food choices.**
- **Get to a healthy weight and stay there.** Balance the calories you take in from food and drink with the calories you burn off by your activities.
- **Be tobacco free.** To talk to someone about how to quit, call the National Quitline: 1-800-QUITNOW (784-8669).
- **If you drink alcohol, have no more than two drinks per day if you are 65 or younger.** If you are older than 65, have no more than one drink a day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.

<http://www.ahrq.gov/patients-consumers/patient-involvement/healthy-men/healthy-men.html>

Healthy Recipe Corner - Heart Healthy Fats!

Kelli Pitrone RD, LD
Registered Dietitian

For heart health it is vital that we avoid a high intake of Saturated and trans fats. These fats increase our risk of cardiovascular disease, heart attack, and stroke. Poly-unsaturated, and mono-unsaturated fats are heart healthy fats that we should eat as much as possible! These fats are found in oil, nuts, fatty fish, seeds, and avocados. Try this recipe out to increase your intake of heart healthy fats:

Spicy Guacamole

- 4 ripe avocados
- ½ cup finely diced red onion
- Juice of 1 lime
- 1/3 cup chopped cilantro
- ½ fresh jalapeno finely diced (you can leave seeds in or deseed it)
- ½ tsp salt
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 tsp hot sauce

Mix all ingredients together. To store tightly cover bowl with saran wrap pressed on top of the dip to keep the guacamole from turning brown.

Join Dr. LeRoy on June 28th from 9 to 10AM at Riverscape park for a stroll and the opportunity to ask Dr. LeRoy your mens health questions!

Medicine on the Move

Walking Program

Chat with Your Doctor/Nurse Practitioner while Taking a Stroll



Community Health Centers of Greater Dayton
937-528-6850, x2004

Improve Your Health
and
Get answers to your Questions

Saturdays 9:00 am - 10:00 am
Riverscape Park

| Provider | Topic | Date |
|---------------------|----------------|---------|
| Christina King, CNP | Asthma/Allergy | May 31 |
| Dr. LeRoy | Men's Health | June 28 |
| Dr. Noordsij-Jones | Arthritis | July 26 |
| & Dr. Lambes | | |
| Dr. Lamb | Immunizations | Aug. 23 |

RSVP to Patty Griswold - pgriswold@chcgd.org

