



# News at the Q



Volume 5, Issue 6

June 2018

## June 2018 - Community!

### National Health Observances for June

### National Men's Health Month

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### June National Men's Health Month.

Our fathers, partners, brothers and friends face a health crisis that isn't being talked about. Men are dying too young. We can't afford to stay silent.

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

### Health Facts:

We know all too well that heart disease is the leading cause of death for all Americans—men and women—claiming the lives of more than 616,000 according to the most recent data.

But fewer people are aware that men are more likely than women to develop the disease earlier and die at younger ages. Recent data indicate that more than half of the deaths due to heart disease were in men. Fewer still know that close to 90% of sudden cardiac events occur in men and that for half of the men who die, the first symptom of heart disease is death.

It is necessary for you—and your families—to prevent heart attack and stroke by being physically active, never starting to smoke, and reducing sodium and trans fat in the foods you eat.

Prevention is hugely important, but lets not stop there.

Partner in your community with your doctors to be sure that doctors, pharmacists, nurses, community health workers, and health care systems are actively working with men and women

who already are at risk to improve the ABCS of heart health:

- Aspirin as appropriate (ask your doctor if it's right for you)
- Blood pressure control
- Cholesterol management
- Smoking cessation

Controlling blood pressure is particularly important. About 1 in 3 adults—an estimated 68 million of us—have hypertension, and

only 46% have it adequately controlled. If all hypertensive patients were treated successfully, we could prevent 46,000 deaths every year.

We know what works to control blood pressure. Recently, the U.S. Community Preventive Services Task Force

([www.thecommunityguide.org/cvd/teambasedcare.html](http://www.thecommunityguide.org/cvd/teambasedcare.html))

recommended team-based care to help Americans bring their blood pressure under control.

The Task Force's review of the medical literature found that blood pressure control improved when care was provided by a team of health professionals—doctors, pharmacists, nurses, dietitians, community health workers—rather than by a single physician.

So make the commitment today to do two things: 1) Follow the ABCS and 2) Ask your doctor to make team-based care for blood pressure control part of the practice so you can benefit from a strong network of support and guidance. Working together, we can achieve the audacious goal of preventing 1 million heart attacks and strokes by 2018. Join the thousands of others who have taken the pledge and help ensure that all Americans—men and women—live longer, healthier, and more productive lives.

<http://www.menshealthnetwork.org/library/Heartbeat.pdf>

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### Need Help to Enroll in Medicaid?

Contact  
Veronica or Harry  
215) 227-0300  
ext. 7326 or 7309

# Men's Health Month

## Nutrition and Supplements

### Vitamin B12 for a Healthy Nervous System

Older men, in particular, may have an increased need for this B vitamin, which boosts brain health.

"Vitamin B12 supports the normal functioning of the nervous system, including memory," says Kooi.

"Depression and dementia are symptoms of a low serum B12."

What you need to know



about vitamin B12:

The recommended daily allowance for B12 is 2.4 mcg, which you can easily get from your diet. One serving of fortified breakfast cereal will provide all that you need.

B12 may be included in your daily multivitamin. Although high doses have not been shown to be harmful, you should not need to supplement this vitamin unless your doctor recommends it.

"Great food sources for B12 include salmon, shrimp, beef, chicken, clams, eggs, milk, and cheese," says Kooi.

### Vitamin A for Vision and a Good Immune System

"Vitamin A is important for maintaining good vision,"

Kooi says. "It is also known as the anti-infective vitamin because of its role in supporting activities of the immune system."

What you need to know about vitamin A:



The recommended daily intake of vitamin A is 3,000 IU.

Too much vitamin A can cause nausea and vomiting and result in weak bones.

Vitamin A deficiency is rare in the United States — you should get plenty as long as you eat your fruits and vegetables. It may be in your multivitamin, but you should not need any additional supplements.

"The best nutrition sources for vitamin A are carrots, spinach, sweet potatoes, apricots, cantaloupe, broccoli, eggs, milk, and cod liver oil," says Kooi.

### Vitamin C for Healthy Aging

"Vitamin C is a potent antioxidant that serves a protective role in the body by neutralizing free radicals that want to attack healthy cells," explains Kooi. "High intake of vitamin-C foods can help slow signs of aging." Although it is no longer believed that vitamin C can keep you from catching a cold, it is an essential building block for good nutrition.

What you need to know about vitamin C:

Not enough vitamin C can result in anemia and scurvy. Scurvy is still seen in some malnourished older adults.

The recommended daily amount of vitamin C for men is 90 milligrams (mg) a day.

Too much vitamin C will not hurt you, because your body can't store it, but it can give you an upset stomach. Taking a multivitamin and eating your fruits and vegetables is all you need to do to be sure you get enough of this nutrient.

"Great sources of vitamin C include oranges, bell pepper, broccoli, Brussels sprouts, cabbage, potatoes, strawberries, tomatoes, kiwi, lemons, limes, cantaloupe, watermelon, pineapple, and asparagus," says Kooi.

Some medical conditions may require special dietary supplements, so talk to your doctor about your specific nutrition needs. For most men, the bottom line on vitamins and men's health is this: If you eat a well-balanced diet, take a standard multivitamin, and supplement with 1,000 IU of vitamin D every day, your nutrition needs should be covered.

<http://www.everydayhealth.com/mens-health/a-mans-guide-to-essential-vitamins.aspx>

## The Truth About Low Testosterone

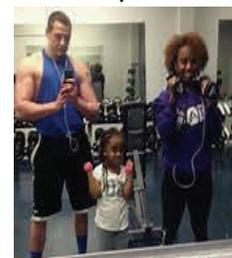
Testosterone is a sex hormone that drives more than just libido. In men, it affects physical appearance, mood, bone density, muscle mass, and more. How much of this critical hormone the body produces is determined by signals from the brain that are delivered to the testes via the pituitary gland.

It's estimated that several million men in the United States have low testosterone. But thanks to a growing body

of research, treatments are now available to help men treat the symptoms of low testosterone, which include decreased sex drive, low energy, and

[fatigue](#).

Had your annual physical yet? Call (215) 227 0300 and schedule today!



## Outreach Events

No Events this month

## Q's Quote Corner

"Don't be afraid to fail. Be afraid not to try."

[www.dboogarednc.com/](http://www.dboogarednc.com/)