



June 2019 - Community!

National Health Observances for June

National Men's Health Month

June National Men's Health Month.

“Recognizing and preventing men’s health problems is not just a man’s issue. Because of its impact on wives, mothers, daughters, and sisters, men’s health is truly a family issue.”

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/

cvt/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.



We cannot afford to stay silent. 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 2020. 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>

Inside this issue:

National Men's Health Month		2
Outreach Events		2
Q's Quote Corner		2



Need Help to Enroll in Medicaid?

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

June is Men's Health Month



“Every successful individual knows that his or her achievement depends on a community of persons working together”



Men's Health Month

Research shows that men are missing out on some key nutrients for their health. Here's the 411 on what you need — and where you can get it.



You know the rules for healthy living — exercise, eat right, sleep well, etc. — but how many of them do you actually follow?

Data from the International Food Council Foundation suggests that while a majority of men are aware that [changes to their diet](#) could benefit their overall health, fewer than half actually follow through with those changes.

"Most men can get almost all the [vitamins](#) they need if they pay attention to nutrition," says Bruce B. Campbell, MD, a [men's health](#) specialist at the Lahey Clinic in Burlington, Mass. "But not all men do pay enough attention, and nutrition needs may change with age."

Men over 70, for example, need more vitamin D than middle-aged men, and according to a recent study, 72 percent of them don't get it.

In fact, men of all ages have deficits in nearly every nutritional category. According to the United States Department of Agriculture, men need to eat 350 percent more dark green vegetables and 150 percent more fruit in order to meet federal guidelines.

"Eating a diet rich in fruits, vegetables, whole grains, healthy oils, and low in saturated fats from red meat is rule number one for healthy nutrition," says Dr. Campbell. He and other experts warn

against mega-dose vitamins (those containing more than 100 percent of your recommended daily allowance) but say certain supplements may help compensate for deficiencies. Many nutrition specialists, for example, may recommend multivitamins.



Although some recent studies have questioned the value of them for preventing conditions like heart disease and cancer, experts say a basic multi could act as an insurance policy for men who have nutritional gaps in their diet.

Essential Vitamins for Men's Health: Vitamin D

"It's hard to get enough vitamin D from food," advises Campbell. "Many men who work inside all day do not get enough exposure to the sun, which is needed for the body to manufacture vitamin D. Most men can benefit from taking 1,000 IU [international units] of vitamin D daily."

What you need to know about vitamin D:

Vitamin D becomes even more important with age, because it's needed to absorb calcium and helps prevent weak muscles and bones.

Recent research also suggests that vitamin D deficiency may increase the risk for [colon cancer](#), and one study found that men with low levels of vitamin D were twice as likely to have a heart attack as men with normal levels.

On the other hand, too much vitamin D can cause fatigue and muscle weakness, so you should stay below 2,000 IU unless your doctor advises otherwise.

"Good nutrition sources for vitamin D include salmon, sar-

dines, cod liver oil, milk, cheese, egg yolk, orange juice, yogurt, and fortified breakfast cereal," says Kari L. Kooi, MS, RD, a clinical dietitian specialist at the Methodist Hospital in Houston, Tex.

"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>



A diet high in oranges, leafy greens, and berries was associated with better cognitive functioning in male health professionals.

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

Outreach Events

**Deliverance Evangelistic Church
Health Fair**

Saturday, June 15, 2019

10:00am-4:00pm

Health Walk 8:00am-11:00am
Registration 7:00am
(Reyburn Park)

Across the street from church

22nd & Lehigh Avenue

Free Food, Fun, Gospel Choirs,
Children's Activities; Crafts,
Face Painting Cartoon
Character, Stilt Walker and
much more!

BP Screenings courtesy of
QCHC

Q's Quote Corner

A TRUE COMMUNITY IS NOT JUST ABOUT BEING GEOGRAPHICALLY CLOSE TO SOMEONE OR PART OF THE SAME SOCIAL WEB NETWORK. IT'S ABOUT FEELING CONNECTED AND RESPONSIBLE FOR WHAT HAPPENS. HUMANITY IS OUR ULTIMATE COMMUNITY, AND EVERYONE PLAYS A CRUCIAL ROLE.