

HealthyBy Choice

...One Day at a Time

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June is Men's Health Month

The health of men in America is steadily deteriorating, largely due to poor health education, lack of awareness and culturally induced behavior patterns. This has caused a silent health crisis, whereby men face higher mortality rates than women for 9 of the 10 leading causes of death in addition to a shorter life span.

Men's health is not only a concern for men, but it is also a concern for women who care about the health of their fathers, husbands, sons and brothers. Additionally, men's health is an issue for employers who lose productive employees and pay the costs of their medical care, as well as for society, which absorbs the enormous costs of premature death and disability.

What men can do for themselves and their families

EAT HEALTHY – Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.

GET MOVING – Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



MAKE PREVENTION A PRIORITY – Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

7 Common Sense Weight Loss Tips

A weight loss program is all about common sense and a healthy balanced diet. You should lose weight sensibly and keep it off by changing how you think about your diet and health. As a little bit of extra motivation here are 7 tips to help you reach your goal.

Eat slowly. Savor and enjoy what you eat and take time to chew your food. Chew each mouthful 30 times as this allows the enzymes in the saliva to start the digestive process.

Stop eating before you feel full. Remember, it takes approximately 20 minutes for the stomach to tell the brain that it is full!

Never skip meals. When losing weight, it is important to maintain an even blood sugar level to prevent hunger. If you skip a meal you are more likely to give in to a craving.

Reduce your alcohol intake. Alcohol is a source of empty calories and cutting down is an excellent way of increasing weight loss

Eat high fiber foods. High fiber foods are the dieters' friends as complex carbohydrates release energy slowly and keep you full for longer.

Keep hydrated. Water is essential for the healthy functioning of the body and often we can mistake thirst for hunger. Water will also make you feel fuller.

Exercise. Weight loss occurs when more calories are expended than ingested and the most effective way of maximizing your weight loss program is by incorporating regular exercise into your routine.

Check with your GP if you want to lose a large amount of weight, or have a current medical condition, before starting any exercise or weight loss plan.



Get Checked...Stay Aware...Stay Healthy!



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National Safety Month

Prescription Opioid Painkillers – A Public Health Crisis

Drug overdoses – largely from prescription opioid painkillers – are the leading cause of unintentional death for adults ages 25-64. Opioid painkillers include commonly known drugs such as Vicodin, OxyContin, Percocet, Norco, morphine and Dilaudid.

Opioid painkillers are risky and might not be the best answer for treating acute pain. In order to keep you and your family safe:

- Talk to your doctor about other treatment options. In many cases, over-the-counter pain relievers are more effective with fewer side effects
- If you must take opioid painkillers, take only what is prescribed and for the shortest amount of time possible
- Keep opioid painkillers in a locked medicine cabinet and up and away, out of sight
- Never keep leftover medications. Dispose of unused drugs properly – never flush these drugs down the toilet or throw them in the trash
- Check with your local police department to find drug take-back programs and centers in your community

Ergonomics – Combining Comfort and Safety

Whether you're lifting boxes in a warehouse, placing items in an assembly line or typing on a computer, ergonomic safety is important to everyone.

If gone undetected, ergonomics issues can lead to serious muscle and joint concerns. If you are experiencing pain, swelling or numbness, be sure to pay attention to the following risk factors on the job:

- Improper workstation setup
- Overexertion while lifting, lowering, pushing, pulling, reaching or stretching
- Repetitive motions
- Working in awkward positions
- Sitting or standing too long in one position
- Using excessive force

Fortunately, ergonomic issues can be prevented and improved with early intervention. Here are some simple tips you can follow to avoid discomfort:

- Take frequent breaks – get up and stretch, walk around or change your scenery
- Vary the workday – if possible, try to space out different types of tasks
- Report pain or discomfort immediately – don't wait until it becomes serious, always inform your supervisor
- If you are a supervisor, be sure to monitor your employees and make sure they are taking necessary breaks

Source: National Safety Council



Remember...Safety First!

