

# HEALTH CONNECTION



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YOUR COMMUNITY CONNECTION FOR BETTER HEALTH

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## FOCUS ON MEN'S HEALTH

Men have a reputation of avoiding doctors at all costs. According to a survey of 1,174 men in the United States conducted by the Cleveland Clinic, that reputation is well-earned.

This is particularly true among 72% of men ages 35-54 who prefer to "tough it out" rather than go to the doctor. In fact, they're so hesitant that most reported a preference of doing household chores or mowing the lawn instead of making that dreaded medical appointment. But why?

Stereotypes taught at a young age may be to blame because 41% of the men surveyed were told as children not to complain about their aches and pains.

**Now's the time to turn that dated mindset around.**  
*more* ▶

## WHAT'S NEW AT YOUR HOSPITAL

- **Registered Dietitian Nutritionists are available** for any questions you might have about healthy eating and nutrition services. Call 562-868-3751 x2227.
- **Follow us on Facebook** @CoastPlazaHospital where you will find informative tips on living a healthy lifestyle.



## JUNE IS NATIONAL MEN'S HEALTH MONTH

Make a pledge to schedule any missed or overdue medical appointments and tests this month. Don't forget about your COVID-19 vaccines and boosters!

**YOU OWE IT TO YOUR FAMILY, FRIENDS AND YOURSELF!**

# GOOD HEALTH STARTS HERE

MEDICAL HISTORY	REGULAR CHECKUPS	CANCER SCREENINGS	EXERCISE
 <p>Many medical conditions are genetic (common in certain families), so it's important to know your medical history in case you're at high risk for conditions like hypertension, heart disease, diabetes and cancer. If so, your healthcare provider may choose to screen you more closely. Early detection is key!</p>	 <p>Regular checkups are critical for good health, even when you're feeling fine. Before your appointment, make notes about your family's medical history, as well as any physical or mental concerns. A regular physical exam should include cholesterol, blood glucose and blood pressure evaluations.</p>	 <p>Based on your age and family history, your provider should schedule the appropriate cancer screenings. But you can take charge of your health by looking up which screenings you need before your appointment. <a href="https://www.cancer.org/healthy/find-cancer-early/screening-recommendations-by-age.html">cancer.org/healthy/find-cancer-early/screening-recommendations-by-age.html</a></p>	 <p>Most men need at least 150 minutes of moderate (or 75 minutes of vigorous) aerobic activity each week. You can mix this up and ideally spread it throughout the week. If you can't exercise that much, find ways to move more, like parking farther from the door or taking the stairs.</p>
SLEEP	TOBACCO & ALCOHOL	MENTAL HEALTH	PREVENTION
 <p>More research is uncovering the health benefits of a good night's sleep. Adults need 7 or more hours of sleep each night. Regularly sleeping less than 7 hours has been linked to health concerns like weight gain, diabetes, high blood pressure, heart disease, stroke and depression. Talk to your healthcare provider about your sleep patterns.</p>	 <p>No amount of tobacco use is safe. Even one cigarette per day can increase your risk of developing heart disease. As for alcohol consumption, the National Institute on Alcohol Abuse and Alcoholism defines drinking in moderation as up to two per day for men, and binge drinking as five or more. If you're concerned about your tobacco and/or alcohol use, discuss strategies for quitting during your appointment.</p>	 <p>Statistically, men are less likely to discuss their mental health issues than women, but it's time to start. Seek medical help if you've experienced issues like prolonged periods of sadness, unexplained outbursts, changes in interest levels, and feelings of stress or anxiety. Your mental health is as important as your physical health, and there are more resources today than ever before.</p>	 <p>Many significant health conditions begin as minor problems that can be prevented or managed when detected early. Talk to your provider about issues like changes in your sleep or bathroom habits, slow-healing cuts or sores, changes in moles or birthmarks, unexplained weight gain or loss, sexual dysfunction or anything else that seems out of the ordinary.</p>

**MEN, IT'S TIME TO STOP THE STEREOTYPE AND TAKE CHARGE OF YOUR HEALTH!**



The first step is scheduling an appointment with your healthcare provider today.

If you'd like to receive this newsletter every month, please email [communityCPH@pipelinehealth.us](mailto:communityCPH@pipelinehealth.us) with "Health Connection" in the subject line.