

HEALTH CONNECT



CONNECTING PATIENTS FOR BETTER HEALTH

June 2019

JUNE
Men's Health Awareness Month

1 in 6 men will be diagnosed with prostate cancer

5 year survival rate of prostate cancer is 100% if detected early

1 in 4 of every male death is related to heart disease

Eliminating smoking, drinking and a poor diet can reduce your chance of heart disease by 80%

Over 1 in 3 men above the age of 45 experience low T

Diet, sleep, exercise and aging can all contribute to low T. Low T is treatable by a physician.

Practis, Inc.
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All data received from www.cdc.gov

Foods Men Should Eat More and Less of

You might make it to the gym every so often, or hit the links on nice weekends. Nice start, but it's the foods you eat, guys—and the ones you skip—that really impact your health.

- Eat more fatty fish and less fatty meats
- Eat less junk food
- Eat more berries
- Eat less canned soup
- Eat more whole grains
- Drink less beer
- Eat more dark vegetables
- Eat more nut and seeds
- Eat fewer fast food burgers

No matter how old you get, how long you can run, how much iron you pump, or how many expert tips you follow, the old ticker is always going to need a little extra TLC. You want to make sure that your circulation is strong so you can keep moving at whatever pace you set for yourself. Fatty fish—like salmon, tuna, trout, and sardines—are good additions to your meal plan. Berries have amazing antioxidants. Men can easily add berries to a breakfast cereal or oatmeal, in a smoothie or eat as a snack. Canned soup might be cheap and convenient, but that's mainly due to the fact that they're filled with ingredients that won't do your body any good. Make whole grains part of your heart-healthy diet. In one slice of 21 Whole Grains and Seeds bread, a guy will get five grams of fiber, five grams of protein and 22 grams of whole grains. Fatty meats like bacon and sausage are loaded with sodium and saturated fats, two things that are linked to high blood pressure and heart disease.

Men's Health Awareness

June is Men's Health Month. Take steps now to improve health and fitness. Did you know that men are less likely to get medical screenings and annual checkups compared to women? Screenings are tests that look for diseases before you have symptoms. Blood pressure checks and cholesterol tests are examples of screenings. 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

Some health concerns affect men differently than women. Men are less likely to pay attention to health issues until it has progressed or unless it causes pain.

Heart Disease is the leading cause of death for men in the U.S. That's 1 in every 4 male deaths. Take charge of your health now.

Men's health checklist:

1. Get your annual checkups and screenings.
2. Get good sleep. Usually 7-9 hours is sufficient to prevent poor health
3. Toss out the Tobacco! It's never too late to quit
4. Move more, at least 2.5 hours of moderate intensity aerobic activity every week. Include muscle strengthening activities on 2 or more days per week.
5. Eat Healthy. Include whole foods and vegetables. Limit processed foods.
6. Tame Stress

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.

Check out
NMCP
on social
media



Nurse Advice Line 24/7
800-TRICARE
(800-874-2273)

**Hampton Roads
Appointment Center**
(866) 645-4584

Emergency Room
(757) 953-1365

Pharmacy Refill
Local: (757) 953-MEDS (6337)
Toll Free: (866) 285-1008

Information
(757) 953-5008

Customer Service Office
(757) 953-2600

Relay Health Secure Messaging
<https://app.mil.relayhealth.com/>

Introduction to Men's Health

NMCP Health Promotion and Wellness Department

The average life expectancy of a man born in the United States in 2016 is 79 years and 8 months. The life expectancy for a man has increased dramatically in the past 50 years. How long we live is important; however, the quality of life is equally important. The ability to enjoy life to its fullest requires investing time and effort into health maintenance and disease prevention. A man who was 65 years old in 2018 could expect to live to age 84, and a 75-year-old could expect 11 more years of life. Our bodies are incredibly complex machines that require fuel components (food, water and air) to grow, function and repair itself. Like any machine, the body requires routine maintenance to make it last a long time and to function well throughout a person's life expectancy. Using the body as it was intended and minimizing abuse also increases its ability to perform. Our bodies suffer through illnesses and accidents and many are unavoidable. Taking care of your body also includes scheduled maintenance and screening examinations to detect illnesses at an early stage, which increases the potential for cure and a return to health. A healthy lifestyle is not just an absence of disease, but an opportunity to enjoy the years of life available to each person. Medical care can help the body maintain its performance. As the body ages, there is an expected physiologic change in some of the hormones in the male body.

Disease that Affect Men

1. Prostate Problems
2. Testosterone

Top 10 Diseases that Kill Men

1. Heart disease
2. Cancers
3. Injuries
4. Stroke (cerebrovascular accident, CVA)
5. Chronic Obstructive Pulmonary Disease (COPD)
6. Diabetes
7. Influenza and pneumonia
8. Suicide
9. Alzheimer's disease
10. Kidney disease

Encouraging men to seek healthcare, other than when ill, can be challenging. Instilling the importance of preventive care in young boys is important so they will continue to manage their care upon reaching adulthood. Healthy males make for a healthier society, so keep working on getting our boys and men the healthcare needed.

HEALTHY WEIGHT

ShipShape Weight Management Program:

8-week intensive program for adults. To register, call the HRAC at (866) 645-4584.

Right Weigh: 4-week program for learning to manage your weight the right way. To register, call (757) 953-9247 or 953-1927.

For more information on Health Promotion and Wellness Department programs and resources, call (757) 953-1927.

TOBACCO CESSATION

Tobacco Cessation Class

1st and 3rd Tuesday
of every month from 1 – 3 p.m.

One-on-One Counseling

Call today to schedule!

For more information, call
(757) 953-1927 or 953-1934



June is
Men's Health
Month www.menshealthmonth.org

Men Over 50 Stay Fit Habits

NMCP Health Promotion and Wellness Department

By the time you're in your 50s, you probably can't escape the fact that you're getting older, even if you've taken "all the right steps" to stay healthy. For many people, the years between 50 and 59 bring a number of changes, successes, achievements and challenges.

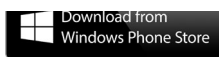
Many men over 50 trick themselves into believing that they can stay healthy without a lifestyle improvement, or until they have more time to commit to a better lifestyle. Aging well is all about forming habits that are good for you, like regular exercise and a healthy diet. A healthy lifestyle should be a lifelong pursuit, but after age 50, it's especially important to maintain healthy habits to keep you strong and active longer. There are seven important habits that men over 50 are not doing to improve their health:

1. Realizing that your body is communicating with you
2. Going to the doctor when you're not sick
3. Becoming acutely aware of your own physical and emotional feelings
4. Rethinking your typical daily diet
5. Exercising consistently (instead of intermittently)

GET CONNECTED

Download the NMCP app today and get access to:

- News and announcements
 - Interactive maps
 - Pharmacy wait times
 - Telephone directory
 - Relay Health
 - ICE feedback
- and so much more!**



Did you know?

ON AVERAGE
men live
about
5 years less
than women


1 in 2
men
will develop
cancer

MEN HAVE A
higher death rate
for most leading causes of death
including cancer, heart disease, diabetes, and suicide

APPROXIMATELY
30,000
men
IN THE U.S.
die each year
from
prostate cancer

Men make
1/2 as many
physician visits for
prevention
as women

Men are more likely to be **uninsured** than women

6. Taking cohesive, low-level stress seriously

7. Upgrading your relationships

A man's life becomes fascinating over age 50. But does low testosterone keep some men from enjoying a new phase of their life? Where do hormones fit into all of this? Well, who can say for sure – but most people would probably answer that hormones represent that part of us that is “mammal”. Without hormones, our cells and organs would be limited to share vital information with each other. As a man approaches age 50, a new season of manhood begins, yet aging is not something most men want to think about – let alone talk about. Many men enter their 50s business-as-usual, living on autopilot and acting as if nothing has really changed that much.

What if men approached their health at

midlife the same way that financial experts advise them to plan for retirement? Some of the same rules apply: take a close look at where things stand now, and then take steps to protect your future. Midlife is a good time to lower health risks and invest for long-term health benefits. How? First, acknowledge what you can't control. Then put your energies into changing what you can — for the better.

What is “Healthier Aging?”

Healthier Aging is a process of monitoring the key indicators of aging in men over 50 – including brain health, hormone regulation, muscle-to-fat ratio, and overall wellness and disease prevention. What if the best year of your life hasn't happened yet? It's only in your thriving that you have anything to offer anyone – therefore, the best investment you can ever make is in your own health.

118,000
patients with a PCM at one
of our 10 facilities

22
Medical Home
Port teams

440,000
patients we serve – active duty,
retired and families

Celebrate Summer



PRACTICE SUMMER SAFETY

PROTECT YOURSELF FROM THE SUN'S HARMFUL RAYS



PRACTICE SAFETY AROUND WATER



DRINK LOTS OF WATER

DRINK RESPONSIBLY



ALWAYS WEAR YOUR HELMET



BEWARE OF MOSQUITOS

BE SAFE WHEN SHOOTING FIREWORKS

