

# PARENT HEALTH BULLETIN



**JUNE 2018**

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## THIS MONTH'S TOPIC: MEN'S HEALTH AWARENESS



**J**une is Men's Health Month, an annual awareness dedicated to the health and wellness of men and boys resulting in better health outcomes and longer life expectancies. Take action to be healthy and encourage other men and boys in your life to make their own health a priority. Being a healthy father is not always easy, but you can set an example with healthy habits.

### Know your numbers

Pay attention to your body and any changes. Make sure to keep track of your numbers for blood pressure, blood glucose, cholesterol and body mass index (BMI).

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# Certain diseases and conditions may not have symptoms — checkups help identify issues before they can become a problem.

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Here are recommendations for each:

- **Blood pressure:** Less than 120/80 mm Hg
- **Blood glucose:** (Fasting) 100 mg/dL
- **Cholesterol:** Total less than 200 mg/dL;  
LDL (“bad” cholesterol) less than 100 mg/dL;  
HDL (“good” cholesterol) 40 mg/dL or higher
- **Body mass index:**  
(Normal or healthy weight) 18.5-24.9

## Get a checkup

Do not wait! Certain diseases and conditions may not have symptoms, so checkups help identify issues early or before they can become a problem.

- Men: If you are under 30 and healthy, do not smoke, have no disease risk factors (including being overweight) and don’t take prescription medications, get a checkup every two to three years.
- Healthy individuals age 30-40 should get a physical every other year.
- Annual physicals start around age 50.

## Quit smoking

Smoking leads to disease, disability and harms nearly every organ in the body. Set an example by choosing not to smoke and encourage the men in your life to quit smoking.

## Sleep

Adults need between 7-9 hours of sleep per day. The amount of sleep a person gets can be influenced by work, family demands or even binge watching a television show. However, if you do not get enough sleep you are at an increased risk for obesity, diabetes, high blood pressure, coronary heart disease and stroke, poor mental health and even early death.

## Move more

Physical activity is anything that gets your body moving. Find fun ways to be active together



with your kids. Adults need 2½ hours of physical activity each week. Adding more movement into your daily routine can help control your weight, reduce your risk of heart disease and some cancers.

## Eat healthy

Eat a variety of fruits and vegetables every day. Fruits and vegetables have many vitamins and minerals that may help protect you from chronic diseases. Limit foods and drinks high in calories, sugar, salt, fat and alcohol.

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