



EMPLOYEE HEALTH INITIATIVE: NATIONAL MINORITY HEALTH AWARENESS MONTH

MAN UP FOR YOUR HEALTH! HEALTHY MEN MOVE OUR COMMUNITIES FORWARD

The theme for this year's National Minority Health Awareness Month adopted by the U.S. Department of Health and Human Services, Office of Minority Health is "MAN UP FOR YOUR HEALTH! HEALTHY MEN MOVE OUR COMMUNITIES FORWARD".

Real Men Lead Healthy Lives



You can make healthy choices every day.

❖ **Be physically active.**

Walking briskly, mowing the lawn, playing team sports, and biking are just a few examples of how you can get moving. If you are not already physically active, start small and work up to 30 minutes a day of moderate physical activity for most days of the week.

❖ **Eat a healthy diet.**

Fruits, vegetables, whole grains, and fat-free or low-fat dairy products are healthy choices. Lean meats, poultry, fish, beans, eggs, and nuts are good, too. Try to eat foods that are low in saturated fats, trans fats, cholesterol, salt, and added sugars.

❖ **Stay at a healthy weight.**

Try to balance the calories you take in with the calories you burn with your physical activities. As you age, eat fewer calories and increase your physical activity. This will prevent gradual weight gain over time.

❖ **Drink alcohol in moderation or not at all.**

Current dietary guidelines for Americans recommend that if you choose to drink alcoholic beverages, you do not exceed 2 drinks per day for men (1 drink per day for women). Some people should not drink alcoholic beverages at all, including

- Individuals who cannot restrict their drinking to moderate levels.
- Individuals who plan to drive, operate machinery, or take part in other activities that requires attention, skill, or coordination.
- Individuals taking prescription or over-the-counter medications that can interact with alcohol.
- Individuals with specific medical conditions.
- Persons recovering from alcoholism.

❖ **Don't smoke.**

For more information on quitting, select [Real Men Quit Smoking](#).

❖ **Take aspirin to avoid a heart attack.**

If you are at risk for a heart attack (you're over 40, smoke, or have diabetes, high blood pressure, high cholesterol, or a family history of heart disease), check with your doctor and find out if taking aspirin is the right choice for you.

Real Men Get Preventive Medical Tests



Screening tests can find diseases early, when they're easiest to treat. Talk to your doctor about which preventive medical tests you need to stay healthy.

❖ **Body Mass Index.**

Your body mass index, or BMI, is a measure of your body fat based on your height and weight. It is used to screen for obesity. You can find your BMI by clicking here. [link to <http://www.nhbisupport.com/bmi>]



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❖ **Cholesterol**

Once you turn 35, have your cholesterol checked regularly. High blood cholesterol is one of the major risk factors for heart disease.

❖ **Blood Pressure**

Have your blood pressure checked every 2 years. High blood pressure increases your chance of getting heart or kidney disease and for having a stroke. If you have high blood pressure, you may need medication to control it.

❖ **Colorectal Cancer**

Once you turn 50, start having tests for colorectal cancer. You and your doctor can decide which test is best. How often you'll have the test depends on which test you choose. If you have a family history of colorectal cancer, you may need to be tested before you turn 50.

❖ **Other Cancers**

Ask your doctor if you should be tested for prostate, lung, oral, skin, or other cancers.

❖ **Sexually Transmitted Diseases**

Talk to your doctor to see whether you should be tested for gonorrhea, syphilis, chlamydia, or other sexually transmitted diseases.

❖ **HIV**

Your doctor may recommend screening for HIV if you:

- Had unprotected sex with multiple partners.
- Have used injected drugs.
- Pay for sex or have sex partners who do.
- Have past or current sex partners who are infected with HIV.
- Are being treated for sexually transmitted diseases.
- Had a blood transfusion between 1978 and 1985.

❖ **Depression**

If you have felt "down" or hopeless during the past 2 weeks or you have had little interest in doing things you usually enjoy, talk to your doctor about depression. Depression is a treatable illness.

❖ **Abdominal Aortic Aneurysm**

If you are between the ages of 65 and 75 and have smoked 100 or more cigarettes in your lifetime, ask your doctor to screen you for an abdominal aortic aneurysm. This is an abnormally large or swollen blood vessel in your stomach that can burst without warning.

Real Men Talk to Doctors*



Men who know how to work with their doctors are more satisfied with their care and have better results.

Give your doctor as much information as you can about your health history, any medicine you're taking, and any problems that you may be having – even if they're embarrassing (they've heard it before). With this information, your doctor can help you decide what medical tests you may need.

Be sure to ask questions if you don't understand something your doctor said. If you don't ask, your doctor may think you understand. Write down questions before you visit your doctor. You can also bring along a family member or a friend to ask questions and help remember the doctor's answers.

* Doctors, physician assistants, nurses, nurse practitioners, and pharmacists.





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Real Men Take Their Medicine

Know Your Prescriptions



If your doctor prescribes medicine for you, make sure you've told him or her about any other medicines you are currently taking, including over-the-counter drugs, vitamins, and supplements. You also need to talk about any allergies you have or any side effects you've had with other drugs.

When you get a new prescription, make sure you understand what your doctor is prescribing, why you need to take it, and how often you should take it.

When your doctor prescribes a new medication, find out:

- The name of the medication and what it's supposed to do for you.
- If it's okay to substitute a less-expensive generic brand for the name brand drug.
- What the dose is and if you should avoid any other medicines, drinks, or food while you're taking it.
- How many refills you should get.
- What you should do if you miss a dose or if you take too much of it.

When you pick up your prescription, ask the pharmacist:

- If the drug is what your doctor ordered.
- If an information sheet is available on the medication that explains possible side effects.
- What the medicine label means. If the label says you need to take it three times a day, ask if that means you should take it every 8 hours or if you should take it at breakfast, lunch, and dinner.
- How you should measure the medication if it's a liquid.

You should schedule a follow-up visit with your doctor to track your progress. If you've gotten any new prescriptions from other doctors or have started taking new over-the-counter medications, be sure to let your doctor know during your office visit.

Real Men Find Advice and Support

Find Advice and Support



If your doctor tells you that you have a health problem, you will need to make decisions about your treatment. For many conditions, you may have several treatment options. How do you decide what's best for you?

Find good information.

Contact a group that has information about your condition. You can also visit a local library to research your conditions. Use medical sites, like www.healthfinder.gov, to help you find information.

Make your decision with your doctor.

Once you've learned as much as you can about your condition, you and your doctor can choose what to do next. Look at the benefits and risks of each treatment for your condition and choose the treatment with which you're most comfortable. When you've made your decision, work with your doctor to create a treatment plan so you stay on track and know what to expect.

Ask questions.

If your doctor says you need surgery, ask:

- Why do I need an operation?
- Are there alternatives to surgery?
- What are the benefits of surgery? What are the risks?
- What happens if I don't have the surgery?
- Where can I get a second opinion?
- How many times have you performed this surgery?
- Where will the surgery be done?



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- Will I need anesthesia? What kind?
- How long will it take for me to recover?
- How much will the operation cost?

Get support.

It's normal to be concerned about your condition. You may want to ask your family and friends for their help. If you have a tough time asking for help, think of what you need and ask one person to help you with the easiest chore on your list. You may also want to speak to a counselor or join a support group.

Resources for Real Women



Women: Stay Healthy at Any Age: Your Checklist for Health Women who want to stay healthy and prevent disease should get certain screening tests, take preventive medicine (if needed), and practice healthy behaviors. This checklist represents advice from members of the U.S. Preventive Services Task Force on what to discuss with your doctor.

- Go to: <http://www.ahrq.gov/ppip/healthywom.htm>

Women and Medicines: What You Need to Know

Read this information to learn about how medicines can work differently in women and men and what you can do to help your medicines work best for you.

- Go to: <http://www.ahrq.gov/consumer/wommed.htm>

Surgery Choices for Women with Early-Stage Breast Cancer

Women with early-stage breast cancer may be able to choose which type of breast surgery to have. Treatment for breast cancer usually begins a few weeks after diagnosis. In these weeks, women should meet with a surgeon, learn about surgery choices, and then choose which kind of surgery to have.

- Go to: <http://www.ahrq.gov/consumer/brcanchoice.htm>

Common Uterine Conditions: Options for Treatment

If you have a problem that affects your uterus or another part of your reproductive system, this information explains most of the problems that can affect a woman's reproductive system and ways the problems can be treated, including medication, surgery, and other kinds of treatments.

- Go to: <http://www.ahrq.gov/consumer/uterine1.htm>

What You Need To Know About...Episiotomy

Research shows that routine use of episiotomies does not keep the mother's skin from tearing during birth. It does not speed up a normal birth. It does not help avoid the bladder control problems women sometimes get after having a baby.

- Go to: <http://www.ahrq.gov/consumer/episiotomy.htm>

Women's Health Highlights: Recent Findings

The vigorous intramural and extramural research program of the Agency for Healthcare Research and Quality focuses principally on health care quality and the outcomes of health care services. Examples of AHRQ's current and completed research projects concerning conditions especially important to women are described here.

Go to: <http://www.ahrq.gov/research/womenh1.htm>

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