

June – Men’s Health:

Greetings TUMC Family & Friends,

“Long life to you! Good health to you and your household! And good health to all that is yours!” 1 Samuel 25:6 NIV This month we celebrate and honor our Fathers. This information is good to share with all the men in our lives, knowing that most men need a little reminder and loving nudge to care for themselves!

Men can live healthier, longer lives just by knowing their health threats and how to work through those risks. Statistics show that heart disease is the number one threat with cancer, injuries, stroke, COPD (respiratory disease), diabetes, flu, suicide, kidney disease, and Alzheimer’s making up the top ten. By listening to your body and adopting good lifestyle habits, you can decrease your risk for life-threatening health issues.

A healthy, balanced diet will greatly reduce the risk for five of the top ten threats: heart disease, cancer, stroke, diabetes, and kidney disease. Fruits, vegetables, and whole grains are heart healthy selections and can fight some cancers as well. They also help maintain a healthy weight which is necessary for the prevention of diabetes and kidney failure which is a complication of diabetes and high blood pressure.

Risky behavior can cut a man’s life short and is easily preventable. Accidents from automobiles, falls, and the use of chemicals can be fatal or seriously debilitating so wear seat belts, drive safely, use chemicals in a well-ventilated area, and use ladders carefully. Also lose the smoking habit as it increases your risk of heart disease, cancer, and complications with respiratory disease and diabetes.

The three remaining health threats – flu, suicide, and Alzheimers – can be decreased by being proactive, eating right, and avoiding risky behavior. Exercise, get an annual flu shot, don’t smoke, and eat a healthy diet to prevent illness and stimulate your brain. Avoid falls which have an apparent link to Alzheimers and avoid addictions to prevent suicides and self-harm.

Know your body, listen to its needs, and see your physician when things do not seem right. Your families want a future with you so look at your life and see what can be changed. A few simple adjustments can give you better health and longer life. (Source: National Library of Medicine www.nlm.nih.gov/medlineplus/menshealth.html)

I am blessed to still be able to go to my own Dad for a little hug every now and then. I am also blessed that my husband is a wonderful Father to his 2 sons. I do remind both of them to care for themselves as our Loving Father from Heaven cares for us.

Blessings and reminders,

Kelley Smith, RN TUMC Parish Nurse

