

# June Newsletter - Men's Health Month

As part of National Men's Health focus, the California Department of Public Health has highlighted the top health tips to keep men healthy. "Men have an average life expectancy of almost six years less than women," said CDPH Director Dr. Mark Horton. "By emphasizing the importance of education, physical fitness and disease prevention, we can help men live longer, healthier lives."



## How to Keep Healthy:

1. Quit smoking. Lung cancer is the leading cause of cancer death amongst men.
2. Eat a healthy diet rich in veggies, fruits, whole grains, fiber and fish. Cut back on sodium.
3. Check your cholesterol/blood pressure. Heart disease is a threat for men.
4. Daily physical activity.
5. Maintain a healthy weight. This helps prevent Type-2 diabetes, heart attacks and strokes.
6. Drink in moderation. Too much can raise blood pressure plus cause other health issues.
7. Maintain mental fitness. Practice mental exercises like puzzles and reading.
8. Drive safely, follow the speed limit and wear a seat belt.
9. Limit sun exposure. Use sunscreen and wear a hat and possibly long sleeves.
10. Visit your doctor regularly. Men seek medical care less than women. Get regular screenings.



## Yoga for Men

Yoga can be intimidating for some men. The thought of tying themselves up like a pretzel or balancing on one leg in front of a bunch of super flexible women can be a deal breaker for some. Relax: you truly can do what you are capable of and still receive tremendous benefits. Yoga isn't all or nothing and it isn't a competitive sport. But yoga has extraordinary benefits you may not be getting from your gym workout. Yoga relieves stress, increases flexibility, builds muscles, as well as enhances better sleep, calms your mind and improves focus. All the things men need for overall health and wellness.

## The Prostate

All men regardless of age should be concerned about their prostate health. Although prostate disorders generally do not affect men until they are in their 40s or older, the time to prevent prostate problems and support prostate health is now. However, whenever symptoms of prostate disease do occur, it's important to seek professional medical help with a diagnosis.



***Happy Father's Day from Stacey and Barbara***

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