

# HEALTHY TIMES

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## MEN'S HEALTH MONTH

June is designated as Men's Health month. The purpose of this month is to promote ways men can take care of themselves to live a long, healthy life.

According to the CDC, the leading causes of death in men are heart disease, cancer and accidents. Also, compared to women, men are more likely to smoke and drink and put off regular checkups and medical care.

The reason preventive care is important is that it helps find health issues to address them early while they are easy to treat. Delaying preventive care can negatively impact long-term health if health issues go undetected and untreated.

According to the American Heart Association the top reasons men put off preventive care include lack of a

designated primary care physician, lack of insurance, lack of time and fear of bad news.

In addition to obtaining preventive care, here are some ways that men can take charge of their health:

- ♣ Be safe and guard against injuries and harmful exposures at work and at play
- ♣ Eat healthy. Make small changes like skipping the fries and soda and opt for at least one healthy addition to every meal such as water, fruit or a salad
- ♣ Be active. Get at least 30 minutes of moderate physical activity on most days of the week. Find an enjoyable activity that is easy to stick to
- ♣ Be smoke-free. If needed, get help to stop smoking

Making healthy lifestyle choices and obtaining preventive care can lead to a healthy life.

Source: CDC.gov, medlineplus.gov

## KEEPING FOOD SAFE

Picnic and barbeque season has arrived. Being conscious of food safety at your gatherings will help to ward off foodborne illness.

Most importantly, wash hands, utensils, and cutting boards with hot soapy water. Use separate cutting boards and plates for raw meat, poultry and seafood.

Second, refrigerate perishable food within 2 hours. If

outdoor temps are above 90°, refrigerate within 1 hour.

Third, thaw frozen foods in the refrigerator or in cold water. Never thaw foods on the counter because bacteria multiply quickly in the parts of the food that reach room temperature.

Lastly, use a food thermometer to ensure foods are cooked to the right temp.

Source: CDC.gov

## STAYING HYDRATED



Hydration is important all year-round, especially when temps are on the rise. The average person has 2.6 million sweat glands. When the body is hot, the sweat glands are activated and releases sweat to cool the body down. When we sweat we lose water. If the water is not replaced, it can lead to dehydration and symptoms of heat illness.

The amount of water a person need to consume depends on the level of activity and the climate. The CDC generally recommends an individual who is moderately active in moderate weather conditions consume 1 cup of water every 15-20 minutes.

If you are thirsty, you are already dehydrated. Watch for signs of dehydration:

- ✓ Dry mouth, flushed skin, fatigue and headache.
- ✓ Increased body temperature, breathing and pulse.
- ✓ Dizziness, weakness and impaired breathing with activity.
- ✓ Dark colored urine

To treat dehydration try sipping water or sucking ice cubes. For severe dehydration, seek medical attention.

Source: CDC.gov

## MIGRAINE HEADACHES

Approximately 12% of the US population suffers from migraine headaches. A migraine is not the same as a normal headache. Migraines are sudden and strong pounding headaches typically on one side of the head. During a migraine, sufferers are very sensitive to light and sound.

Migraine headaches can be triggered by a number of things including stress, lack of food or sleep, hormonal changes and anxiety. Migraines can also be triggered by foods including chocolate, nuts, dairy, red wine and foods containing MSG.

To find out what is triggering your migraines, it can help to keep a migraine diary for a few weeks or months. A few things to track in the diary include activities, food and drink consumed, amount of sleep, severity and length of the migraine and what made it stop. Review the diary with your physician to develop a treatment plan.

Source: CDC.gov, medlineplus.gov

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