



Date: June 28, 2015

Healthy Sunday Topic: Men's Health

June is Men's Health Month and the purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Recognizing and preventing men's health problems is not just a man's issue because of its impact on wives, mothers, daughters, and sisters. Men's health is truly a family issue. Unfortunately, most men don't pay attention to their health. Compared to women, men are more likely to 1) smoke and drink 2) make unhealthy or risky choices 3) put off regular checkups and medical care, and 4) not take medication as prescribed by their healthcare provider.



There are also health conditions that only affect men, such as prostate cancer and low testosterone. Many of the major health risks that men face like colon cancer or heart disease can be prevented and treated with early diagnosis. Screening tests can find diseases early, when they are easier to treat. It's important to get the screening tests you need such as colonoscopy or prostate cancer screening.

Dr. Arnett Coleman, an Internist at Duke Primary Care Croasdaile states: "Screenings for cholesterol, diabetes, high blood pressure and cancer are important for early detection. I urge men to ask their doctor about appropriate tests to check for diseases and to ensure that they are participating in preventative measures and taking care of their health"



Arnett Coleman, MD

Medication Compliance

Taking medication correctly may seem like a simple or personal matter, but non-compliance is a complicated and common problem. Nearly three out of four Americans report that they do not always take their medicine as directed.

There are many reasons why people are not able to take their medicine as directed – including forgetfulness, lack of belief in the medicine’s effectiveness, being unsure the medicine is working, fear of side effects, trouble taking the medicine (especially with injections or inhalers) and cost of medicines.

Often there is no single reason someone does not take their medicine as directed, but rather a combination of reasons. One person may face different barriers at different times as he or she manages his or her condition. Whatever the reason, the result is always the same –patients miss out on life-saving benefits, a better quality of life, and lose protection against future illness or serious health complications. For instance, not keeping blood pressure in check can lead to heart disease, stroke, and kidney failure; not keeping diabetes under control can lead to amputation, blindness, and heart disease.

REMEMBER YOUR ABC’S

Ask your Pharmacist or Physician for help to understand proper use of your prescribed medications,

Be knowledgeable about your medications- their use and possible side effects, and

Comply with the instructions on when and how long to take the medication

FOR MORE INFORMATION, GO TO:

- HealthyPeople.gov
- Blackdoctor.org
- <http://www.cdc.gov/men/>



Health Tip is a message from Community Health Coalition, Inc. and is written in partnership with Durham Academy of Medicine, Dentistry & Pharmacy, Central Carolina Black Nurses’ Council Inc., NC Mutual Life Insurance Company, The Interdenominational Ministerial Alliance of Durham and Vicinity, and Duke Regional Hospital.

REMEMBER Healthy People 2020: A Clear Vision to Healthy Living!