



Improving the health of Durham
& NC communities since 1989

Community Health Coalition, Inc.

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Men's Health & Medication Compliance

June is Men's Health Month and is designed to increase awareness of health problems that are specific to men and also to provide information to keep men healthy. Preventive care and staying healthy begin at any age. You don't have to wait until something is wrong. Make sure to get regular check-ups because some diseases don't have symptoms at first, exams of testicles and colon cancer screening for example. Therefore, it's necessary to get screening tests that are right for you.

Taking steps toward good health include 1) being physically active and making healthy food choices, 2) maintaining a healthy weight, 3) being tobacco free, 4) drinking alcohol in moderation or not at all, 5) avoiding situations that may cause trauma and violence, and 6) avoiding stress and rage, talk out your problems. These steps can help lower blood pressure, blood sugar, cholesterol, and weight, which can lower your risk of serious health problems like Type 2 Diabetes and heart disease, and can prevent death!

10 Reasons Men put off Doctors' visits

1. I don't have a doctor	6. Doctors don't do anything
2. I don't have insurance	7. I don't want to hear what I might be told
3. There's probably nothing wrong	8. I've got a "probe-a-phobia"
4. I don't have time	9. I'd rather tough it out
5. I don't want to spend the money	10. My significant other has been nagging me to get a check-up



Prostate Health

The prostate is part of your sex organs that produce fluid and contributes to the production of sperm. The prostate gland grows during puberty and doesn't change much until about the age of 40. It then grows again and continues to grow with age. An enlarged prostate (benign prostatic hyperplasia-BPH) is not cancerous and is the most common prostate health problem among men over the age of 50.

Risk factors for BPH are age, family history, and medical conditions.

Symptoms include: frequent, often-urgent need to urinate, need to strain or push to get the urine flowing, inability to completely empty bladder, dribbling or leaking after urination, and weak urine system. ****If a man thinks he is experiencing the symptoms of an enlarged prostate, then he should consult with a physician, a urologist****

Men's Health Initiative Event – Free onsite prostate cancer screening, BP screening, and much more.

- **Saturday, Sept. 17, 2016 @ Lincoln Community Health Center in Durham, NC.**
- **Sunday, Sept. 18, 2016 @ Duke South Clinic on Trent Dr. in Durham, NC.**

Healthy Sunday Topic: Be in the Know about your Medications

3 Questions that YOU may have about your Medications:

What do I do if I miss a dose? If you take a medication once per day for a chronic condition (like high blood pressure or diabetes), usually, you should take the missed dose as soon as you remember if during the same day. If you usually take your once-a-day medication in the morning, it may be best not to take your missed dose at night but rather skip that dose and take it first thing in the morning. However, these are general instructions and you should check with your physician or pharmacist for specific instructions.

How do I know the side effects of my medication and if there may be an interaction with other drugs or supplements? Each prescription medication has a patient information leaflet which provides information about the MOST important side effects and interactions. Ask your pharmacist to provide you a copy and to discuss that with you when you pick up your medication. You are entitled to have a pharmacist consultation and it is advised to do so when you begin any new prescription.

How can I best remember when to take my medications? Use an Organizer Pill Box: If you take several medications, you can keep track of all your medications by using a pill box where you can organize your medications on a weekly or monthly basis. The organizers are available at every pharmacy. Ask your pharmacist to print out a copy of ALL your medications on one sheet and what instructions are for the schedule



Dr. Brenda Jamerson, PharmD states, **“Be in charge of knowing about your own medications by knowing each medicine’s name, dose and time you should take it”.**

Remember the ABC’s:

Ask your Pharmacist or Physician for help to understand proper use of medication

Be informed about the medication side effects

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

For more information:

1. <https://www.cdc.gov/men/nmhw/>
2. blackdoctor.org

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

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