



Chronic Condition Risks

45% of Americans have at least one chronic condition like diabetes, heart disease, COPD or asthma. These diseases are often preventable, and frequently manageable through early detection, improved diet, exercise, quitting tobacco and treatment therapy (medication). Many chronic disease are attributed to the following list of key risk factors; most US adults have more than one of these risk factors:

- High blood pressure
- Tobacco use and exposure to secondhand smoke; excessive alcohol use
- Obesity (high body mass index); physical inactivity
- Diets low in fruits and vegetables; diets high in sodium and saturated fats

(Source: CDC.gov)

Although, there are some risk factors for chronic diseases you may not be able to control like your family history, race and age. So be sure to talk to your doctor about possible chronic diseases you may be at a risk of developing, and be proactive about lowering your risks, or better managing chronic conditions.

Stay Healthy on Vacation

Maintaining a diet or exercise routine while away can be a challenge. Nevertheless, continuing your routine or adapting it while away is possible. All you need is motivation, a strategy, and a little creativity. Try these tips to stay healthy on vacation:

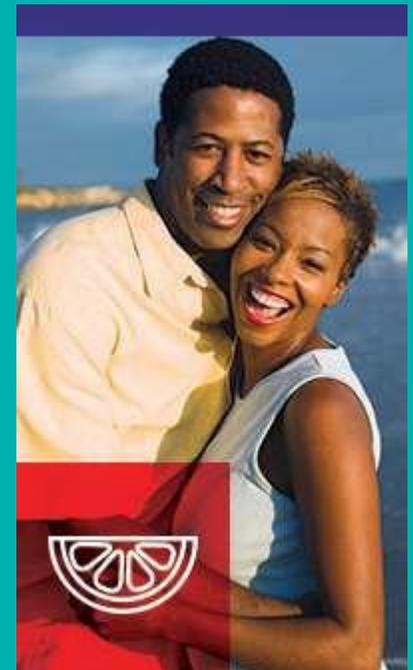
Pack accordingly. Ensure you have all of the athletic gear you need to work out comfortably (i.e., running shoes/shorts, swimsuit).

Be prepared. Manage your finances and plan ahead for your weekend vacations or family trips.

Talk to the hotel or resort concierge to see if they offer any complimentary fitness classes or physical activities, or have a fitness center onsite.

Plan out meals. Look up menus online of restaurants you are interested in going to. This will help you make smarter meal choices before you arrive and reduce temptation of eating poorly.

Opt for a salad or fresh fruit. Having a salad before your meal may reduce overeating. Salads are a great swap for chips or fries. Fresh fruit is another





Take Leisure Seriously

The right balance between work and leisure is important in order to be able to perform well and lead a happy and content life.

Not giving yourself enough time to enjoy your favorite hobbies and activities can be harmful to your emotional and physical health. Benefits of taking leisure seriously include:

- **Personal development.** Whether it's golfing, gardening, or going on a hike, taking time to get better at something will give you a sense of accomplishment and can improve how you feel about yourself.
- **Reduced health risks.** High amounts of stress have been related to health problems like depression, anxiety, headaches, high blood pressure, gastrointestinal problems and more.
- **Improved social relationships.** Trying new leisure activities like joining a book club or signing up for a new fitness class will give you more opportunities to make new friends who enjoy doing the same things as you.

It's National Men's Health Month – Healthy Tips for Men

According to a survey by *Men's Health* magazine and CNN, one third of American men do not go to the doctor for check-ups. Often, this is due to men feeling fear, denial, embarrassment or that their masculinity is threatened (American Medical Association). National Men's Health Month was created to empower men to take control of their health. During this time, healthcare providers, public policy makers, and the media make an extra push to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

Men can take daily steps to live safer and healthier lives and protect themselves from disease and injury. This doesn't have to be an entire overhaul of how you go about your daily routine. There are numerous things you can do every day to improve your health and stay healthy. Try the following suggestions:

Get Enough Sleep: Insufficient sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity and depression. Also, insufficient sleep can be responsible for motor vehicle and machinery-related accidents, which causes substantial injury and disability each year. Sleep guidelines from the National Sleep Foundation recommend that in general, adults need between 7-9 hours of sleep a night.

Be Smoke Free: Avoid smoking and secondhand smoke. Quitting smoking has immediate and long-term benefits. According to Mayo Clinic, within 20 minutes after smoking that last cigarette, your body begins a series of positive changes that continues for years. The heart rate decreases, twelve hours later, carbon monoxide in the blood returns to normal, and after a year the risk of having a heart attack related to smoking drops by half. There's no time like the present to quit.

Be Physically Active: The summer is a good time to get active with family and friends. Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate exercise for 2 hours and 30 minutes every week. Walk, go for a hike or a bike ride, or head to the local pool for a swim. For more information, see CDC's Division of Nutrition, Physical Activity, and Obesity web site.

Eat What Counts: Eat a variety of fruits and vegetables every day. Try to steer clear of drinks high in calories, sugar, fat and alcohol. Choose healthy snacks.

Pay Attention to Signs and Symptoms: According to the Centers for Disease Control and Prevention (CDC), men should pay special attention to symptoms like discharge, excessive thirst, rash or soreness, problems with urination, and shortness of breath, and should see a doctor if they occur.

Know and Understand Your Numbers: Keep track of your numbers for blood pressure, blood sugar, cholesterol, and body mass index (BMI), just to name a few. These numbers can provide a glimpse of your health status and risk for certain diseases. Be sure to ask your doctor what tests you need and how often you need them. If your numbers are high or low, he or she can explain what they mean and make recommendations to help you get them to a healthier range.

Get a Doctor Lined Up. It's very important for men to have an established primary care physician. Having regularly scheduled visits with your doctor, who can track your health as you age, can be one of the best courses of preventative care for any man.