



Men - You and Your Doctor Make a Winning Team

"I'm healthy today," states Restituto Felix Martinez Carboness, of Hastings. "Dedication and love made me change my mind in regards to the colon cancer screening test, which in fact turned out to be positive. I had two colon surgeries done already."

Men, young and old, do you have the team and support needed to live long and healthy lives? June is National Men's Health Month, so South Heartland District Health Department is encouraging men to put together their health teams and start practicing for better health.

What makes a winning team? It takes the leadership of a coach who is committed to helping his players improve their skills to become the best they can be. It takes players who are willing to work with their coach and put in the work. By working together coaches and players are able to reach the same goal and win the game.

Men, this same comparison can apply to the team you create when you make the decision to work with your healthcare provider - so make an appointment today.

During physical exams, your doctor can help you address these 3 important questions:

1. What is my risk of developing heart disease or having a heart attack?
Heart disease is the #1 cause of death for men in the U.S. Together with your doctor, you can review your personal and family history and look at your risk. Getting your blood pressure and your lab work checked allows you and your doctor to find problems and figure out the best way to fix or treat the problem. But don't stop there, learn your numbers and what they mean and keep up with the follow-up that may be needed.
2. What is my risk for developing cancer?
Cancer is the #2 cause of death for men in the U.S. (lung, prostate, and colon). Your doctor will review your personal and family history of cancer and can help determine which screening tests are right for you and when you should be doing them. Next, it's important that you follow through and get the screening tests. Screenings can catch changes early so that cancers can be prevented. Screenings can also find cancers in the early stages when treatment can be most successful. As Mr. Martinez will testify, cancer screenings can and do save lives!
3. What are the most important lifestyle changes I should make to stay healthy?
Your doctor can help you identify areas in your life where changes can be made and can help you set goals. Your doctor can also help connect you to activities and people in the community that can help you be successful.

When you make the decision to lead a healthy lifestyle and live to win, you'll be healthier for those who count on you and you'll be setting a great example. Are you already practicing these healthy habits with help from your team? Are you a man who...

- doesn't smoke or chew tobacco and who avoids second hand smoke?
- takes steps to detect and remove radon from his home?



- is physically active and makes healthy food choices by eating a variety of vegetables and fruits each day, and who limits salt, fat and sugar in foods and beverages?
- limits alcohol use and does not use drugs?
- works hard but finds ways to relax, relieve stress and get a good night's rest?
- wears seatbelts, drives the speed limit and doesn't text or use the phone while driving?
- protects himself by being up to date on vaccinations?
- who wears sunscreen and sunglasses to protect his skin and eyes and never gets a sunburn?
- visits his dentist regularly?

Take a look through this list – are there any you aren't yet practicing? Are there any where you could use some coaching?

Take a "time-out" today and schedule a health visit with your doctor. Most insurance companies cover a yearly preventative wellness visit. If you don't have insurance, don't let that stop you from getting healthcare; the health department can help. Call us at 877-238-7595, visit our website at www.southheartlandhealth.org, and follow us on Facebook.

It's your health. You decide. Are you in it for the win?

Dorrann Hultman is a public health nurse and the community health services coordinator for South Heartland District Health Department. She may be reached at 1-877-238-7595 or mail@shdhd.org.