



Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

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BEDHD RECOGNIZES MEN'S HEALTH MONTH 2019

This June, join The Barry-Eaton District Health Department in recognizing Men's Health Month! The goal of Men's Health Month is to educate the public about the many preventable health problems that affect men and boys, and empower them and their loved ones to move towards a healthier, happier life.

According to the Centers for Disease Control and Prevention (CDC), men die five years younger than women, on average, and die at higher rates for nine of the top ten causes of death. Men are the majority of workplace injuries, less likely to be insured, and far less likely to see a doctor for preventive care. All of this impacts their ability to be an involved father, supportive husband, and engaged member of their community.

To stay healthy and live a long life men should:

- **Eat healthy and get moving!** People who eat a healthy diet and engage in physical activity live longer and are at lower risk for serious health problems such as heart disease, cancer, type 2 diabetes, and obesity. For tips on eating healthy visit <https://bit.ly/2ewpxwG>
- **Avoid tobacco use** – Smoking causes heart disease, cancer, and stroke—the first, second, and fifth leading causes of death among men in the United States. For more information on the benefits of quitting smoking, and how to quit visit smokefree.gov.
- **Schedule a checkup!** Certain diseases and conditions may not have symptoms, so checkups help identify issues early or before they can become a problem. For recommended checkups and screenings visit <https://bit.ly/2Z67vs8>.
- **Know the signs of a heart attack** – If you think you or someone you know is having a heart attack call 911 immediately. Major signs of a heart attack include pain or discomfort in the jaw, neck, or back; feeling weak, light-headed, or faint; chest pain or discomfort; pain or discomfort in arms or shoulder and; shortness of breath. More information about heart disease and heart attacks can be found at <https://bit.ly/2b6zLmW>.
- **Don't forget about your mental health!** Depression is one of the leading causes of disease or injury worldwide for men. Signs of depression include persistent sadness, grumpiness, and feelings of hopelessness, tiredness and decreased energy, and thoughts of suicide. Many helpful treatments for depression are available. Treatment can include getting therapy and/or taking medications. Your doctor or a qualified mental health professional can help you determine what treatment is best for you. Learn more about mental health at <https://bit.ly/2J6N1HE>.

This month is a reminder for men to take steps to be healthier, but they don't have to do it alone! Whether it's your husband, partner, dad, brother, son, or friend you can help support the health and safety of the men in your life. Anyone can be supportive and help men make that first step toward living a longer, healthier life.