

# Peter Christensen Health Center News



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## Men Often Ignore Easy Steps To Better Health

June is Men's Health Month. Most men don't get regular health screenings, which is one of the easiest ways to start improving your health. You know your body better than anyone else. Always tell your healthcare provider about any changes in your health, including your vision and hearing. Ask them about being checked for any condition you are concerned about. If you don't know where to start, ask them. They want to help.

### What You Need To Know

Men are more often impacted by some diseases, like heart disease and cancer. These diseases are preventable through regular healthcare provider's visits and healthy lifestyle choices.

#### **Most men do not get regular health screenings.**

Even if you feel fine, make an appointment every year with your healthcare provider. Screenings are tests that look for diseases before symptoms show. Blood pressure checks and tests for high blood cholesterol are examples of screenings.

Some screenings, such as blood pressure, happen in your provider's office. Others, such as colonoscopy, a test for colon cancer, need special equipment and may require a visit to a different office. After a screening test, ask when to expect results and who you should talk to about them.

Get screened for diabetes, which can cause problems with your heart, brain, eyes, feet, kidneys, nerves, and other body parts. Emotional health is important too. Talk to your healthcare team about being screened for depression if you have felt down, sad, or hopeless; or if you have felt little interest or pleasure in doing things.

**Please contact your PCHC healthcare team at (715) 588-3371 to learn more.**

### Take Steps To Good Health

**Be physically active.** Make small changes like parking farther from the grocery store or standing for several minutes watching your favorite TV show. Work your way up to more difficult activities over time. Small steps add up.

**Make healthy food choices.** Eat more vegetables, fruits, wholegrains, lean meats and nuts. Cut down on foods high in saturated fat, salt and sugar. Drinking more water also helps. Reward yourself with your favorite snack or treat. Slowly replace unhealthy with healthy foods.

**Get to a healthy weight and keep it.** Balance the calories you take in from food and drink with the calories you burn off by your activities.

**Be tobacco free.** Many programs help people quit smoking. Your healthcare team is a great place to start.

**Reduce alcohol use.** No more than two drinks per day if you are 65 or younger. If older than 65, no more than one drink a day. This means one 12-ounce beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.