



THE HEALING PLACE

Health Ministry Team

"wholeness of body, mind and spirit"

Spiritual Leaders

Father Vicente Teneza
Father Felipe Paragua

Chair

Clara Heimericks, RN

Members

Eleanor Banya, RN
Grace Bati, RN
Paz Cajucom, RN
Dana Dinh, RN
Carmela Encina, RN
Romy Encina, RN
Norv Latreille
Lottie Munsayac, RN
Judy Niedzwiedz
Monica Parker, LVN
Ramona Parks, RN
Bernie Silla, RN
Chinnamma Uralil, RN
Rhonda Vrchoticky, RN

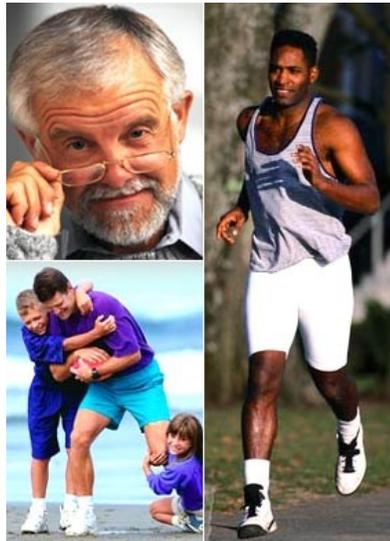
Regular Meetings

Second Wednesday, 6:30 pm
Religious Education Bldg,
Rm #3

Membership

You need not be a medical professional. If you are interested in the Health Ministry please call Clara Heimericks at 689-3932 or the rectory at 381-5200.

Men: Take Charge of Your Health



Men tend to lead less healthy lifestyles than women. They're more apt to smoke and drink alcohol and more likely to be overweight. Yet compared with women, men go to the doctor less frequently. Not all of that difference is due to biology.

The irony is that men have even more to gain than women by taking steps to prevent future health problems. The average life expectancy for U.S. males is five years shorter than for females. Why, well, the answer is pretty complex and may go back to men's childhoods and the concept of masculinity itself

Males are often socialized from childhood that if they simply ignore symptoms or pain the problem will go away by itself. And, that may be true if we're talking about a scraped knee from a sports injury. But, in adulthood, mild symptoms may be indicators of

serious disease or conditions which can go from manageable to incurable in a short period of time. Obviously ignoring these types of symptoms can have obvious consequences.

So, men: take charge of your health. Here are some simple things you can do to help keep yourself healthy.

Get Good Sleep—Insufficient sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression. Also, insufficient sleep is responsible for motor vehicle and machinery-related accidents, causing substantial injury and disability each year. Sleep guidelines from the National Sleep Foundation have noted that sleep needs change as we age. In general, adults need between 7-9 hours of sleep.

Toss out the Tobacco—It's never too late to quit. Quitting smoking has immediate and long-term benefits. It improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illnesses. Also avoid being around secondhand smoke. Inhaling other people's smoke causes health problems similar to those that smokers have. Babies and kids are still growing, so the poisons in secondhand smoke hurt them more than adults.

Move More—Adults need at least 2½ hours of moderate-intensity aerobic activity (such as brisk walking) every week, and muscle strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) on two or more days a week. You don't have to do it all at once. Spread your activity out during the week, and break it into smaller chunks of time during the day.

Eat Healthy—Eat a variety of fruits and

vegetables every day. They are sources of many vitamins, minerals,

Keep track of your numbers for blood pressure, blood glucose, cholesterol, body mass index (BMI), or any others you may have.— If your numbers are high or low, your doctor or nurse can explain what they mean and suggest how you can get them to a healthier range. Be sure to ask him or her what tests you need and how often you need them.

Get vaccinated—Everyone needs immunizations to stay healthy, no matter how old you are. Even if you had vaccines as a child, immunity can fade with time. Vaccine recommendations are based on a variety of factors, including age, overall health, and your medical history. Vaccines can protect you and your loved ones from serious diseases like: influenza (flu); shingles; pneumococcal disease; human papillomavirus (HPV) infection; and tetanus, diphtheria, and pertussis (whooping cough)—all three of which the Tdap shot protects against. Other vaccinations you may need include those that protect against hepatitis A, hepatitis B, chickenpox (varicella), measles, mumps, and rubella. Ask your doctor or nurse which vaccines you need to stay healthy.

Have a regular doctor— According to a large national survey conducted by the Centers for Disease Control and Prevention, many men don't even have a regular health care provider. In the survey, 17 percent of men said they didn't have a "usual place to go for medical care," compared with just 10 percent of women.

When health problems are found early, there's a better chance of successful treatment. For example, when colorectal cancer is found and treated early, 90 percent of patients are still alive five years later. So if it's been more than a year since your last checkup, call your provider to schedule one. At the very least, you'll be reassured to learn that all is well. At most, you might be taking a step today that helps you stay healthier for years to come.

And here is a list of common screenings men are encouraged to get:

General—Blood pressure test – Cholesterol test—Blood sugar test

Colon Cancer—Flexible sigmoidoscopy – Starting at age 50, every 5 years if you're not having a colonoscopy; Double contrast barium enema (DCBE) starting at age 50, every 5 to 10 years if you're not having a colonoscopy or sigmoidoscopy; Colonoscopy Starting at age 50, every 10 years; Fecal occult blood test—Starting at age 50, every year if a colonoscopy is done every 10 years.

Prostate cancer—Digital rectal exam, Prostate-specific antigen (PSA) test—Starting at age 50, discuss the advantages and limitations of prostate cancer screening with your provider. Men with a high risk should begin discussions at age 45.

Dental exam—Go to the dentist every year for an exam and cleaning.

Eye exam—If you have vision problems, continue to have an eye exam every 2 years.

Abdominal aortic aneurysm screening—Men between ages 65 - 75 who have smoked should have an ultrasound done once to screen for abdominal aortic aneurysms.

Osteoporosis screening—All men over age 65 should discuss osteoporosis screening with their health care provider. (*Yes, gentlemen, this test is NOT just for the ladies.*)

Preventive health visit each year should include—Checking height and weight; Screening for alcohol and tobacco use; Screening for depression; Screening for the risk of falls; Discussing medication interactions; Screening for hearing loss.

Men, we want you around a long time—take charge of your health!

Upcoming Health Ministry Events and Activities:

Nov. 3—FREE Blood Pressure Screening Clinic, Parish Hall, 8:30 am—12:30 pm.

Dec. 7/8—Christmas Fair—come by the Health Ministry Table and buy a raffle ticket for one of our five theme baskets! - Chocolate Lovers Delight; Family Movie Night; Family Game Night; Spa Night; New Year's Eve Party.

No blood pressure screening clinic in December due to scheduling conflicts.