



# Employee NEWSLETTER

Employee Assistance Program  
June 2020

## Top Tips For Men: Staying Healthy

**Why should we observe Men's Health Month? On the average men die 5 years younger than women and die at higher rates from 9 of the top 10 causes of death. And unfortunately, men are also less likely than women to have healthcare insurance. There are many things you can do to get and stay healthy, as well as support the healthy habits of the men in your life.**

National Men's Health Week is observed each year leading up to Father's Day. This year that week begins on June 15th, with Father's Day on June 21st. Men's Health Observance is a reminder for men to take steps to be healthier, but they don't have to do it alone! Whether it's you, your husband, partner, dad, brother, son, or friend, you can help support your, and their, health and safety.

### Set an Example with Healthy Habits

You can support yourself and the men in your life by having healthy habits yourself and by making healthy choices.

- Eat healthy and include a variety of fruits and vegetables every day. Fruits and vegetables have many vitamins and minerals that may help protect you from chronic diseases. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.
- Regular physical activity has many benefits. It can help control your weight, reduce your risk of heart disease and some cancers, and can improve your

mental health and mood. Find fun ways to be active together. Adults need 2½ hours of physical activity each week.

- Set an example by choosing not to smoke and encourage the men in your life to quit smoking. Quitting smoking has immediate and long-term benefits. You lower your risk for different types of cancer, and don't expose others to secondhand smoke—which causes health problems. Call your state's tobacco quit line: for English speakers, call 1-800-QUIT-NOW (1-800-784-8669); for Spanish speakers, call 1-855-DÉJALO-YA (1-855-335-3569).
- Help yourself and the men in your life recognize and reduce stress. Physical or emotional tension are often signs of stress. They can be reactions to a situation that causes you to feel threatened or anxious. Learn ways to manage stress including finding support, eating healthy, exercising regularly, and avoiding drugs and alcohol.

### Get Regular Checkups

See a doctor or health professional for regular checkups and to learn about your family health history.

- Prevention is the best course of treatment for health care conditions.
- Certain diseases and conditions may not have symptoms, so checkups help identify issues early or before they can become a problem.
- It's important for men (and women) to understand their family health history which is a written or graphic record of the diseases and health conditions present in your family. It is helpful to talk with family members about health history, write this information down, and update it from time to time.

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### Know the Signs and Symptoms of a Heart Attack

Every 40 seconds someone in the U.S. has a heart attack. Know the signs of a heart attack and 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
- Shortness of breath

### Seek Help for Depression

Depression is one of the leading causes of disease or injury worldwide for both men and women. Men have a higher suicide rate than women. Learn to recognize the signs of depression.

- Signs of depression can include persistent sadness, grumpiness, feelings of hopelessness, tiredness and decreased energy, and thoughts of suicide.
- Those that suffer from depression or anxiety should seek help as early as possible. If you or someone you care about is in crisis, please seek help immediately.
  - Call 911
  - Visit a nearby emergency department or your healthcare provider's office
  - Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255); TTY: 1-800-799-4TTY (4889) to talk to a trained counselor

First Choice Health EAP can be useful in helping recognize signs of depression, and provides support and treatment to address them. You can reach us by phone 24/7 at (800) 777-4114 to speak with a counselor or arrange for in-person sessions, or request services via our online portal: [www.firstchoicееap.com](http://www.firstchoicееap.com).

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### Resources:

<https://medlineplus.gov/mentalhealth.html>

<https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm#ReduceCardiovascularDisease>

<https://www.cdc.gov/family/checkuplist/index.htm>

[https://www.cdc.gov/heartdisease/heart\\_attack.htm](https://www.cdc.gov/heartdisease/heart_attack.htm)