

June 2022

Men's Health Awareness Month

"Five Tips for Improving Men's Health"

1. See your doctor.

It happens to everyone. Some health challenges come on with age. Family history plays a big part in what a physician will focus on, but there are key issues and screenings that are age-related. "Seeing your doctor regularly means that you have a baseline for important screenings," says Heckman. "This includes everything from cholesterol to cancer screenings and osteoporosis."

2. Eat a healthy diet.

You've heard this before. A diet that's low in fat and full of fruits and vegetables can help lower the risk of certain cancers, such as prostate cancer. "For good prostate health, eat your fruits and veggies," says Aria Olumi, MD, Chief of Urologic Surgery at BIDMC.

3. Quit smoking.

Smoking and bladder cancer? Yes. We know that smoking is harmful to your heart and lungs—but it's also linked to about half of all bladder cancer cases. "Bladder cancer risk factors like age, gender, race and family history can't be controlled," Olumi says. "But quitting smoking can definitely lower your risk."

4. Get enough sleep.

A good night's rest can do wonders. Overstimulation of the brain, stress and a lack of sleep can cause overall fatigue and libido issues. "Lower testosterone levels may contribute to these issues, but more often than not, it's because the patient isn't getting enough sleep," Olumi says. "At least seven hours of sleep a night will help your mind and body reset."

5. Take care of your mental health.

Did you know mental and physical health are connected? Mental illness affects both men and women, but men may be less likely to talk about their feelings and seek help.

"Mental health symptoms often appear to be physical issues—like a racing heart, tightening chest, ongoing headaches or digestive issues," Heckman says. "Talking to a professional or a loved one about stress or other challenges can be very helpful."



MEN:

Get It Checked.

Checkup and Screening Guidelines for Men



Checkups and Screenings	When?	Ages		
		20-39	40-49	50+
Physical Exam Review overall health status, perform a thorough physical exam, and discuss health related topics.	Every 3 years Every 2 years Every year	✓	✓	✓
Blood Pressure High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	✓	✓	✓
TB Skin Test Should be done on occasion of exposure or suggestive symptoms at direction of physician. Some occupations may require more frequent testing for public health indications.	Every 5 years	✓	✓	✓
Blood Tests & Urinalysis Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years	✓		
	Every 2 years		✓	
	Every year			✓
EKG Electrocardiogram screens for heart abnormalities.	Baseline	Age 30		
	Every 2 years		✓	
	Every year			✓
Tetanus Booster Prevents lockjaw.	Every 10 years	✓	✓	✓
Rectal Exam Screens for hemorrhoids, lower rectal problems, colon and prostate cancer (see PSA Blood Test, below).	Every Year	✓	✓	✓
PSA Blood Test Prostate Specific Antigen (PSA) is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your physician. *Some medical associations recommend that men speak to their health care providers about a baseline PSA blood test at age 40. Men at high risk, including African Americans, should consider an annual prostate exam beginning at age 40.	Every Year		*	✓
Hemoccult Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every Year		✓	✓
Colorectal Health A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 Years			✓
Chest X-Ray Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Discuss with a physician		✓	✓
Bone Health Bone mineral density test. Testing is best done under the supervision of your physician.	Discuss with a physician		Age 60	
Self Exams Testicle: To find lumps in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth. Breast: To find abnormal lumps in their earliest stages.	Monthly by self	✓	✓	✓
Testosterone Screening Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.	Discuss with a physician		✓	✓
Sexually Transmitted Diseases (STDs) Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, HIV, and other STDs.	Under physician supervision	✓	✓	✓

Men's Health Network does not provide medical services but provides this maintenance schedule as a reminder of your need to take responsibility for safeguarding your health. Regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability. You should consult your health care provider to determine if these screenings are right for you and about the benefits of earlier screenings, especially if you are a member of a high risk group or have a family history of disease.

For more information about men's health, contact: Men's Health Network: 202-543-MHN-1, www.menshealthnetwork.org

Back to School Bash



June 25th

10 AM-12 PM

Doors will not open until 10:00

**First United Methodist Church
Family Life Center
419 Washington St, Columbus, TX**

**Everyone is invited to join in the
FUN and get a great start to the
school year!**

**Door prize drawings will be held throughout the
event. Must be present to win.**

**Brought to you by:
Texas A&M AgriLife Extension Service
Texas Department of State Health Services
Methodist Healthcare Ministries of South Texas, Inc.
Communities in Schools Southeast Harris & Brazoria County**

**A Parent
MUST
accompany
the child to
participate in
screenings.**

- *Vision & Hearing checks*
- *Screenings*
- *Education*
- *Health Assessments*
- *Resources*
- *Hygiene products*
- *Door Prizes*
- *Snow Cones*
- *FREE ITEMS*
- *Much More...*

For Questions Contact: Debora Shimeh at 979-732-5275 or Jashae Horn at 979-732-2082

Educational programs of Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Individuals with disabilities, who require an auxiliary aid, service or accommodation in order to participate in any Extension activity, are encouraged to contact the County Extension Office at 979-732-2530 for assistance ten days prior to the activity.

Fiesta de Regreso a Clases



Junio 25

10 AM- 12 PM

**First United Methodist Church
Family Life Center
419 Washington St, Columbus, TX**

**Todos estan invitados a participar en
la diversion para tener un buen
comienzo al año escolar!!!**


Se rifaran premios durante el evento
Tiene que estar presente para ganar

**Hecho Posible por:
Texas A&M AgriLife Extension Service
Texas Department of State Health Services
Methodist Healthcare Ministries of South Texas, Inc.
Communities in Schools Southeast Harris & Brazoria County**

Un padre **DEBE**
acompañar al
niño para
participar en
las
evaluaciones.

- *Exámenes de visión y audición*
- *Proyecciones*
- *Educación*
- *Evaluaciones de salud*
- *Recursos*
- *Productos de higiene*
- *Premios del Puerta*
- *Conos de nieve*
- *ARTÍCULOS GRATIS*
- *Mucho más...*

Para preguntas llame a: Debra Skimel al 979-732-5275, o Laura Hernandez al 979-732-3462
Programas educativos del Servicio de Extensión Cooperativa de Texas están abiertos a todas las personas sin distinción de raza, color, sexo, discapacidad, religión, edad u origen nacional, El Sistema de la Universidad Texas de A&M, EE.UU Departamento de Agricultura, y Los Comisionados del Condado Tribunales de Texas Cooperar.
Se anima a las personas con discapacidad, que requieran una ayuda auxiliar, servicio o establecimiento, con el fin de participar en cualquier actividad de extensión, ponerse en contacto con la oficina de Extensión del Condado al 979-732-2530 para obtener asistencia diez días antes de la actividad



***Has your family
been impacted
financially by
the COVID-19
Pandemic?***

**Enrollment event for families who
qualify for financial assistance!**

**Saturday, June 25th
9:00 am - 12:00 pm**

**Texana Center
2330 Graeber Road
Rosenberg, TX 77471**

APPROVED FUNDING MAY BE USED FOR:

- Rental housing support including utilities
- Home modifications if needed for health and safety
- Emergency housing or hotel voucher
- Basic needs for food, clothing, shelter, personal items

For question or more information:
281-239-1349

DO YOU...

- Have a child in your home under the age of 18?
- Live in Austin, Colorado, Fort Bend, Matagorda, Waller or Wharton County?
 - Have a financial need for assistance?
- Have one adult or dependent child in your home with a diagnosis of:

**Behavioral Health Condition, Autism or
Developmental Disability, or Substance Use Disorder?**

*If you answered YES to these four questions, your family
could qualify for up to \$10,000 in financial assistance.*

What do you need to bring?

- » Evidence of residence in eligible county
- » Diagnosis
- » Proof of income



Please feel free to contact me if you have any questions.

Sincerely,

Jashae Horn

County Extension Agent—Family &Community Health—Colorado County

jashae.horn@ag.tamu.edu

979-732-2530

colorado.agrilife.org

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating. Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in this meeting are encouraged to contact the County Extension Office at (979) 732-2082 ten (10) days prior to the meeting to determine how reasonable accommodations can be made.