

Why are men reluctant to become fathers?  
They aren't through being children.  
~Cindy Garner

# Father's Day

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## Men's Health



There are many steps men can take to live a healthier lifestyle and prevent disease. Men's health does not start at the doctor's office; it starts at home with the individual and their family.

Men should always be informed about their health.

~**Know your family history.** You can prevent from knowing your history.

~**Know and understand your numbers.** Knowing your cholesterol, blood pressure, BMI, etc., gives you a glimpse of your health status.

~**Work safely.** An estimated 11,500 private-sector workers have nonfatal work-related injuries and illnesses daily.

Men should also work with their doctor's and nurses to

stay healthy.

~**Get check-ups.** Remember, there are some diseases and cancers with no symptoms.

~**Get vaccinated.** Some diseases can be prevented.

~**Pay attention to signs and symptoms.**

Lastly, men should take daily action to improve their health.

~**Get enough sleep.** Adults should get 7-9 hours!

~**Gear up.** Always wear protective gear and seatbelts.

~**Eat what counts.** Eat a variety of fruits

and vegetables each day. Choose healthy snacks!

~**Get physical activity.** Get at least 2.5 hours a week. Choose activities that raise your heart rate.

~**Be smoke-free.** Smoke causes health problems.

~**Keep boys healthy.** Healthy boys become healthy men.

### Work Safely

- Know what your job requires.
- Use safety equipment.
- Use and carry tools and equipment properly.
- Select the correct tools and equipment.
- Get proper training.
- Get assistance when needed.
- Take precautions to prevent injury.
- Take breaks and rest when needed.
- Use chemicals and other hazardous substances with care.

<http://cdc.gov/Features/HealthyMen/>



**Check out CDC's website to learn more!**

<http://cdc.gov/Features/HealthyMen/>

## Did You Know?

*\*Tiger Woods is the highest paid athlete. He makes around \$80 million per year (or \$219,000 per day).*

*\*Our eyes are always the same size from birth, but our nose and ears never stop growing.*

*\*Every time you lick a*

*stamp, you're consuming 1/10 of a calorie.*

*\*It's impossible to sneeze with your eyes open.*

*\*The average chocolate bar has 8 insect legs in it.*

*\*In every episode of Seinfeld there is a Superman somewhere.*

*\*Average lifespan of a major league baseball is 7 pitches.*

*\*It takes approximately 12 hours for food to entirely digest.*

*\*52% of Americans drink coffee.*

<http://www.randomfunfacts.com/>



*Fatherhood is pretending the present  
you love most is soap-on-a-rope.*

*~Bill Cosby*

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## Tip of the Day

Choose nuts as a snack, on salads, or in main dishes. Add slivered almonds to steamed vegetables. Add toasted peanuts or cashews to a vegetable stir fry instead of meat.

[www.mypyramid.gov](http://www.mypyramid.gov)

### Gift Ideas for Father's Day

- \*XM Radio
- \*NFL Team Grill Cover
- \*Golf Club Drink Dispenser
- \*BBQ and Grilling Set
- \*Massage
- \*Personalized Sign
- \*Tickets for a Game
- \*Stock Car Driving Experience
- \*Tools
- \*Portable Power Washer
- \*Fire Pit
- \*Motorized Cooler
- \*Personalized Coffee Mug
- \*Sports Apparel

## Cancer and Men

In America, 300,000 men develop cancer every year. The most common types of cancer in men have ways to reduce the risks. More men who are diagnosed with cancer are surviving due to advances in early detection and treatment.

Lung cancer causes more deaths in men than any other type of cancer in the U.S. The leading cause of lung cancer is smoking. To prevent lung cancer, don't start smoking, quit smoking, and/or avoid people who smoke.

Prostate Cancer is the second most common cancer death in men. All men are at risk but certain factors may increase

your chances. They are: older age, family history, and being African American.

Colorectal (colon) cancer is the third leading cause of cancer deaths. Screening is recommended for men and women 50 years and older. Screenings can find cancer early enough, when treatment works the best.

The most common cancer in the United States is skin cancer. Basal cell and squamous cell carcinomas, the two most common, are highly curable. Although, the third most common, melanoma, is the most dangerous. Skin cancers are caused by sunlight or

ultraviolet light. To prevent skin cancer, take the following precautions:

- \*use sunscreen,
- \*seek shade,
- \*wear sunglasses,
- \*wear a hat, and
- \*wear sun-protective clothing.

While prostate, lung, colorectal, and skin cancer are the major cancers that attack men, there are other cancers that can attack your health. For more information, visit the National Cancer Institute's website.

<http://cdc.gov/Features/CancerAndMen/>