



CIS

Wellness Works

STAY HEALTHY AND WELL WITH INFORMATION FROM CIS BENEFITS!

June 2016

Men's Health: It's Time!

June is Men's Health Month, but attention to the health and wellbeing of men is a year-round pursuit.

Are you paying enough attention to your health?

Most men need to pay more attention to their health. Compared to women, men are more likely to:

- Smoke and drink
- Make unhealthy or risky choices
- Put off regular checkups and medical care.

There are also health conditions that only affect men, such as *prostate cancer* and *low testosterone*. Many of the major health risks that men face — like *colon cancer* or *heart disease* — can be prevented and treated with early diagnosis. Screening tests can find diseases early, when they are easier to treat.

We've compiled some resources on different men's health, fitness and self-care topics, below and in the sidebars.

Guidelines for a Healthy Man

Healthier men live happier, longer lives.. Maintaining a good diet, getting plenty of exercise, reducing *stress*, getting good sleep, and scheduling the right *preventive screenings and tests* are all important steps to good health.

All across the country, men are participating...

... in screenings, health fairs, media appearances, and other health education and outreach activities. Visit these two sites — kp.org/menshealth and **Men's Summer Health** — to learn about the importance of prevention and explore healthy lifestyle and safety tips that can help men feel and perform their best.

Wellness Works



Continued from front

Even if you feel fine, you should still see your health care provider for regular checkups. These visits can help you avoid problems in the future. For example, the only way to find out if you have high blood pressure is to have it checked regularly. High blood sugar and high cholesterol levels also may not have any symptoms in the early stages. Simple blood tests can check for these conditions. There are specific times when you should see your provider. **Here is a list** of recommended screenings and ages.

Adults need between 7-9 hours of sleep. Insufficient sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression. Poor sleep is also a major contributor to motor vehicle and machinery-related accidents. Read more:

- **Are You Getting Enough Sleep?**

Take care of yourself or encourage the men in your life to get and stay healthy!

More Resources

Man to man

- **Don't let anger burn you**
- **Enlarged prostate: Are you at risk?**



Be your best whether you're just starting a training program or you've got a race scheduled.

- **Your full-body, get-fit toolkit.**
- **Don't get sidelined by injuries.**



cis benefits
cisbenefits.org

Main Office | 503-763-3800 800-922-2684 | 1212 Court St. NE, Salem, OR 97301
Claims Office | 503-763-3875 800-922-2684 ext 3875 | PO Box 1469, Lake Oswego, OR 97035