



# Prairie Faith Parish Nurse News~~June 2023

*Mind*

*Body*

*Spirit*

**June brings "Men's Health Month". Why is there a whole month dedicated to men's health awareness?**

***Is men's health something that needs special attention? Some statistics to consider.....***

- On average, men live shorter lives than women by about five years.
- Men have a higher death rate for 9 out of the top 10 leading causes of death including suicide, cancer, heart disease and diabetes.
- 50% of men will develop some type of cancer.
- An estimated 35,000 men will die from prostate cancer in the U.S. in 2023.
- Men visit the doctor half as much as women do. They often do not get preventative check-ups.
- Men are less likely to have health insurance than women.



## ***Not sure where to start?***

1. ***Eat Healthy.*** Start by taking small steps like saying "no" to super-sizing and "yes" to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need, and eat foods that are close to their natural state as opposed to processed foods as much as you can. Add at least one fruit and vegetable to every meal.
2. ***Get Moving.*** Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.
3. ***Make Prevention a Priority.*** Historically, many men have been hesitant to seek medical attention when something seems wrong with their health. Early detection of a medical issue is the best way to improve effectiveness of condition treatment and management--delaying or avoiding a checkup or screening could lead to a treatable situation turning deadly. Men older than



50 should have a **yearly physical exam**, and men younger than 50 should have a physical exam every three to five years. Even if you're feeling healthy, a regular checkup is a good way to validate your health or identify a problem in its early stages. **Vaccines** are important to prevent certain infectious diseases. Vaccinations for men are administered at different intervals throughout adulthood—check with your local health department or physician for current recommendations. In addition, consider talking to your physician if you are having symptoms of **depression or anxiety**, and remember to schedule **annual dental and vision check-ups**.

## ***Some of the currently recommended screenings for men include:***

- ♥ **Abdominal aortic aneurysm:** For men between 65 and 75 who have smoked more than 100 cigarettes in their lifetime, the U.S. Preventive Services Task Force (USPSTF) recommends a one-time abdominal aortic aneurysm screening ultrasound. An abdominal aortic aneurysm is an enlarged area in the lower part of the aorta, the major blood vessel that supplies blood to the body; a ruptured abdominal aortic aneurysm can cause life-threatening bleeding. Men over 60 with a family history should consider regular screening.
- ♥ **Blood pressure:** A blood pressure reading is a good indication to many aspects of your health. High blood pressure can lead to many physical problems, especially those associated with the heart, brain, blood vessels and kidneys. You should have your blood pressure checked at least every two years, or more often if your blood pressure is elevated.
- ♥ **Cholesterol:** Like high blood pressure, high cholesterol may pose serious risks to your health and well-being. Starting at age 18, men at average risk for heart disease should have a cholesterol screening every five years. If you have a family history of high cholesterol or heart attacks, smoke, eat a poor diet, are overweight, have diabetes, are physically inactive, or older than 45, you may need more frequent testing.
- ♥ **Colon cancer:** Screening should begin at age 45, or 10 years prior to the age of diagnosis of colon cancer in an immediate relative. For example, get screened at age 36 if your mother was diagnosed at age 46. Talk to your doctor about which screening test, (fecal occult blood testing, sigmoidoscopy, or colonoscopy) or combination of tests, is best for you, how often you need it, and if you should continue having these tests after age 75.

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- ♥ **Diabetes:** If you're older than 45, or have a body mass index above 25 no matter your age, the American Diabetes Association recommends you be screened for diabetes. Type 2 diabetes and prediabetes symptoms can happen slowly and may not be noticeable, so staying aware of your blood sugar levels and risk of developing diabetes is important.
- ♥ **Lung cancer:** The USPSTF recommends annual screening for lung cancer with a low-dose CT scan for adults ages 50 to 80 years who have a 20-pack-per-year smoking history and currently smoke, or who have quit within the past 15 years.
- ♥ **Prostate cancer:** Many organizations advise men to be screened for prostate cancer starting at age 50. However, the subject is somewhat controversial, so the best course of action is to discuss with your physician what's best for you.

*Men: for yourselves and for your families, protect your health with healthy choices, regular medical appointments and screenings!*

*(Sources of information: Mayo Clinic, Harvard Health Publishing, USPSTF)*

**DID YOU KNOW?**

... that there is a prayer request notebook in the hallway at Bethlehem? Anytime, night or day, you may write your prayer requests in this notebook, and someone will pray for your requests. There is also a private prayer corner that may be used at any time in the corner of the BLC library. Currently, the prayer requests that were listed during May include: relief from the drought; the parishioners of Our Redeemer; National Day of Prayer; local farmers and ranchers; graduates; confirmands; rain; missionary vocations/missionaries; the ill, injured, homeless, hungry, abused, those suffering from grief and heartbreak; those financially affected by the drought.

*“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”* Philippians 4:6-7



Lord Jesus  
 It is my great comfort to know  
 that, where I have been,  
 you have been before.  
 You had a day's work to do  
 just as I have a day's work to do.  
 You were tempted  
 just as I am tempted.  
 You were distressed in mind in Gethsemane  
 just as I am distressed in mind.  
 You had to suffer pain  
 just as I have to suffer pain,  
 and your pain was far worse than mine.  
 You are the Resurrection and the Life,  
 because you died and rose again,  
 and you are alive always and forever,  
 and once and for all you conquered death.  
 So I am quite sure that whatever happens to me,  
 you have been there;  
 you are there;  
 you will be there,  
 to the end of time and beyond. Amen



*(prayer by William Barclay 1907 - 1978)*



The parish nurse ministry serves the community, regardless of any church affiliation. Feel free to call or email to: schedule a confidential appointment to discuss your health/wellness questions, schedule transportation to a medical/dental/counseling appointment if you need a ride, request a prayer shawl for someone in the community going through a difficult time, locate community health resources, request other parish nurse work, discuss health ministry volunteer opportunities, or discuss your ideas for the health ministry! 😊

Nancy Bollig, BSN, RN

[parishnurse@ruraltel.net](mailto:parishnurse@ruraltel.net)

785-743-2005 (leave a message, please)