



Prairie Faith Parish Nurse News~~June 2025

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 35,770 men will die from prostate cancer in the U.S. in 2025.
- 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, and USPSTF-United States Preventive Services Task Force)



Community Comfort Meals. Sometimes people are in a situation where they lack support after the death of a family member or close friend, or when they are going through a difficult time for other reasons. Maybe their family lives far away and isn't really involved in their day-to-day personal life, or perhaps they have no family, or they don't have much in the way of social support—they go *unnoticed* somehow by others. **Community Comfort Meals** are gift cards to a local restaurant and are a substitute for a homecooked meal that is traditionally taken to a person several weeks following the death of a family member or close friend, or to someone who is going through a difficult time for another reason. “Eligibility” for a comfort meal does not have anything to do with someone's personal financial situation. It does not involve being a member of any church congregation. There may be various situations that suggest to you that someone might benefit from receiving a restaurant or grocery gift card as a sign of CARE from someone in the community, in this case from a faith-based group. **Please contact us if you know of someone!**



As the sun rises, Lord,
Let your light shine on me.
Destroy the darkness about me,
Scatter the darkness before me,
Disperse the darkness behind me,
Dispel the darkness within me.
Scatter the darkness before me,
Disperse the darkness behind me,
Dispel the darkness within me.
Let your light shine on me.

As the sun rises, Lord,
Let your light shine on me.
The warmth of your Presence,
The brightness of your love,
The radiance of your joy,
The shining of your hope.
Let your light shine on me.

As the sun rises, Lord,
Let your light shine on me.
Your light to guide,
Your light to lead,
Your light to direct,
Your light to brighten.
Let your light shine on me.



(from *Power Lines: Celtic Prayers About Work* by David Adam)



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 or comfort meal gift card 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! 😊

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