



June 2023

Men's Health



Men's Health: Post Covid 19 has more effects on you than you know.

This post-Covid 19 era has affected our health more than we know. Trying to adjust to job loss and the rising cost of living has caused more anxiety and stress, on our bodies. Adjusting and coping with life's new normal has been a challenge.

Remember: **STRESS CAN KILL**. As the body gets stressed, one system affects the body in many ways. For example, causing a lack of sleep or fatigue. The body will try to eliminate this stress as we sleep by the gnashing or grinding of teeth together. Your dentist can recommend a mouthguard to help protect the teeth and save them from damage.

THINGS TO DO TO REDUCE STRESS

1. FITNESS

- Exercise at least 30 mins per day. Walk, run, skate, bike, stretch, dance or do any activity that causes increased cardiovascular activity.

2. NUTRITION

- Eat a well balanced diet of fruits, vegetables, proteins and grains.
- Drink at least 6-8 cups of water daily.
- Limit your intake of processed foods and limit your salt/sodium intake.

3. HEALTH

- See your physician yearly for your annual physical checkup, and have your blood glucose, cholesterol, blood pressure, and weight monitored for common men's conditions.
- Get enough sleep.
- Know your family history.
- Mentally- don't be afraid to ask for help or talk to someone if needed. Mental health is extremely important.



Dr. Ed Clemons, DDS

"Men, don't be afraid to seek help. Let's take care of ourselves for a long life."

Medication Management



"The top conditions that threaten Men in today's society are heart disease, cancer and unintentional injury. Fortunately, a lot of these conditions are preventable with lifestyle change, diet, exercise, and proper medications. As Men we tend to need more medication for various conditions the older we get. Therefore, it is important to understand why we are taking a particular medication, what the name is, what the strength is and what the side effects are."

Dr. Darius Russell, PharmD

Here are a few tips for you to remember:

- Get to know your pharmacist who can help you with your medications.
- Be an advocate for yourself and your loved ones.
- Don't be afraid to ask your Pharmacist or Healthcare Provider about your medication(s).
- Know what medications you are taking and why you are taking them.
- Take medications as prescribed by your Provider, which helps control and/or manage chronic illnesses or conditions.



Remember the ABC's of Health Management

Advocate for yourself.

Build great relationships with your Physician, Dentist & Pharmacist.

Care enough to know your medications.



For more information please visit www.communityhealthcoalition.com

**Contact us at (919) 470-8680 or email
contact@communityhealthcoalition.com**

Please consider giving

Community Health Coalition provides FREE health tips, blood pressure checks, glucose screenings, community health education workshops, and a library of brochures and pamphlets about chronic diseases. You may give to Community Health Coalition, Inc. through SECC or PayPal. If you are a state employee or retiree, choose (Code 3770) to send your SECC gift to us or click on [DONATE](#) to make an online donation. Thank You!