

June is Men's Health Awareness Month! During month of June, OccFit Solutions is dedicated to raising awareness for men's health. According to the Center for Disease Control (CDC), the average death age for men is 5 years younger than women. As Father's Day approaches, now is the best time to encourage the men in our lives to:

- **Visit their doctor for a physical.** Majority of the contributing factors to men's shorter lifespan are preventable. The CDC states that adult men in the U.S. visit their primary care physician at lower rates than adult women. Disease prevention can start for men when their physician performs a basic exam include blood pressure, cholesterol, weight, BMI, screenings for common cancers among men, and then monitoring these results for changes over time.
- **Get active.** Regular physical activity is essential for improving and maintaining men's life longevity, risk for disease, quality of life, and even testosterone levels.
 - *Better quality of life:* Light-to-moderate levels of exercise improve men's overall quality of life. In fact, research has proven that just 30 minutes of moderate exercise a day can:
 - Help men live longer
 - Lower risk of diabetes
 - Lower cholesterol
 - Reduce depression and anxiety
 - Lower risk of high blood pressure
 - Healthier blood vessels
 - Improve testosterone levels with aging
 - Improve bone strength
 - Reduce risk of erectile dysfunction
 - *Lower risk of cancer:* Middle-aged men who are physically fit have a significantly lowered risk for certain cancers as they age, including lung and colorectal cancer.
 - *Lower risk of cardiovascular disease:* Men actually have a higher likelihood than women to suffer from a heart attack and have a higher death rate from heart disease than women. Fortunately, regular exercise improves blood circulation which reduces the risk for heart disease and stroke. In addition, moderate-intensity exercise lowers blood pressure and cholesterol and improves blood sugar levels.
 - *Lower risk for Type II Diabetes and sleep apnea:* Diabetes is closely associated with a disorder in which you stop breathing frequently while you sleep, called sleep apnea. For men already with sleep apnea and diabetes, moderate-level physical activity decreases the risk of death for both health conditions.



This day is a celebration of the 16.9 million Americans who have survived their cancer, as well as a day of inspiration for those who have been recently diagnosed or are still fighting. OccFit Solutions encourages you to connect with any survivors or fighters you know and celebrate this day.

If you or a loved one have questions about how Coronavirus may affect those with cancer, visit this link from The National Cancer Institute to learn more about the virus and answers to your questions:

<https://www.cancer.gov/about-cancer/coronavirus/coronavirus-cancer-patient-information>

Recommended Men's Health Screenings

Starting in your 20's	<ul style="list-style-type: none"> • Get an annual physical examination by your doctor, this includes your blood pressure, height, and weight • Annually screen for testicular cancer • Have your cholesterol tested every 5 years • Screen for diabetes, thyroid disease, liver problems, and anemia
At age 30	<ul style="list-style-type: none"> • Screen for coronary heart disease, especially if you have a strong family history of heart disease or the risk factors associated
At age 40	<ul style="list-style-type: none"> • Screen for thyroid disease, liver problems, anemia, and prostate cancer
At age 50	<ul style="list-style-type: none"> • Continue to monitor your cholesterol • Annually screen for Type II diabetes and lipid disorders • Annually screen for skin, colon, and lung cancer • Obtain a shingles vaccine
At age 60	<ul style="list-style-type: none"> • Start screening for depression, osteoporosis, dementia, Alzheimer's disease • Have a carotid artery ultrasound
At age 70	<ul style="list-style-type: none"> • Depending on your health history, some screening may be done every 6 months.

Product of the Month:



JOBST® Sport Sock (15-20 mm Hg)

JOBST® Sport is specifically designed for men who want a long-wearing sock that is soft, lightweight and breathable for a variety of athletic activities.

- Graduated compression helps improve blood flow and reduce swelling, and cushioned padding helps protect tendons during exercise
- Wide knee band keeps socks up even during strenuous activity
- Microfiber technology helps wick moisture away
- Activated carbon fibers provide a unique odor-control system