



For The Health Of It

MEN’S HEALTH WEEK JUNE 12TH –18TH

June 12th-18th is Men’s Health Week. Although many men are reluctant to talk about their health, it is vitally important that men pay attention to their physical and emotional health.

Heart disease remains the number one killer of men. There are some things that you can do to reduce your risk of heart disease.

- **Watch what you eat.** Increase your daily fruit and vegetable consumption to at least 5 servings a day. Limit highly processed foods that contain extremely high amounts of salts, fats and sugars (e.g. red/cured meats, fried foods).
- **Quite smoking.** It’s estimated that 14.2% of men 18 years and older smoke. Smoking leads to heart disease, heart attacks, cancer(s) and even erectile dysfunction. Make a plan, find support and set a date to quit.
- **Limit alcohol consumption.** Current recommendations for alcohol are if you don’t drink there is no reason to start. If you do drink, limit your drinks to no more than two drinks per day. Also avoid binge drinking (5 or more drinks on one occasion for men) which can increase your risk for injuries, accidents, violence, high blood pressure, heart and liver disease and stroke.
- **Get active.** Just 30 minutes a day of moderate physical activity (find examples <https://www.cdc.gov/physicalactivity/basics/adults/index.htm>) can help you to live longer and healthier. You don’t need hours at the gym and weight training isn’t essential. Just get your heart rate up and keep it up for 30 minutes a day for at least 5 days a week. Vary your exercises so you don’t get bored. Find a buddy to work with to keep you motivated.

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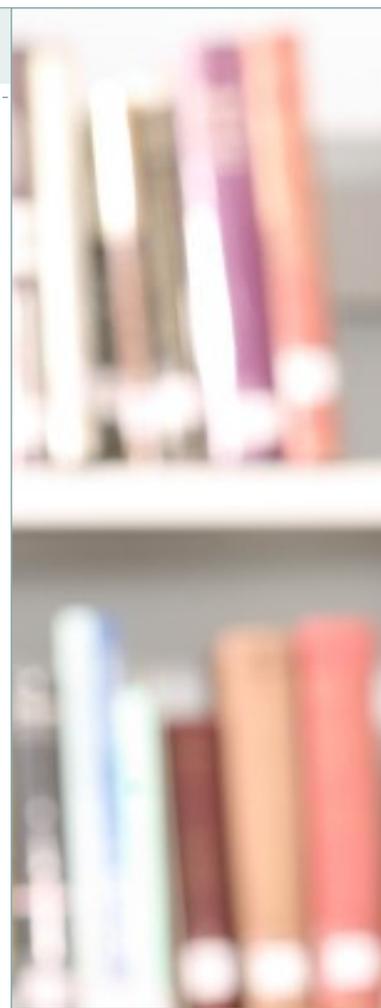
WATER SAFETY

Summer is a time to enjoy the warm weather and relax by the pool or head to the beach. Unfortunately, as access to water increases so does the risk of drowning.

In the United States:

- More children ages 1–4 die from drowning than any other cause of death.
- For children ages 5–14, drowning is the second leading cause of unintentional injury death after motor vehicle crashes.
- There are an estimated 4,000 unintentional fatal drownings and 8,000 nonfatal drownings each year.
- Nonfatal drowning injuries can cause brain damage and other serious outcomes, including long-term disability.
- Nearly 80% of people who drown are male.

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WATER SAFETY CONTINUED

Here are some important safety tips to reduce the risks for drowning

For Kids

- Teach children to never approach water without an adult even if wearing a life jacket.
- Install self latch gates and pool alarms at home.
- Do not get distracted. Put the phone away and avoid intense conversations when supervising the pool.
- Drain kiddie pools and bathtubs when not in use.
- Always have kids wear life jackets when travel on a boat or in natural bodies of

water.

For Everyone

- Don't over estimate your swimming abilities and wear a life jacket when on a boat or in natural bodies of water that are unguarded.
- Avoid alcohol and drugs and know how prescription medication affects you while swimming or being around water.
- Learn how to swim. Check for swimming classes at your local YMCA or possibly high school.
- Avoid risky behaviors while around water (e.g. unsafe operation of a watercraft, jumping into unknown bodies of water from heights etc.)

Drowning can happen quickly and quietly anywhere there is water, especially to unsupervised children. It happens in lakes and oceans, pools, bathtubs, and even buckets of water.

June 27th

Nation HIV Testing Day

Knowing your HIV status helps you choose options to stay healthy. The only way to know your HIV status is to get tested, and with HIV self-tests, it's easier than ever! No matter your test results, there are options to help you and your partners be healthy. HIV self-testing is self-care. Take care of yourself by taking charge of your health!

Learn more:

<https://bit.ly/3NoUmTK>



EXTREME HEAT SAFETY

As spring turns to summer it is important for people to be prepared for heatwaves and excessive heat. Although similar extreme heat and heatwaves are different. Both can have significant impact on health.

Heat Wave: At least 3 consecutive days with high temperatures of at least 90 degrees.

Excessive Heat: Issued when heat index values are forecast to reach or exceed 105°F for at least 2 consecutive hours.

During heatwaves or when excessive heat is forecast it is important to reduce your risk of heat illness and recognize when someone may be experiencing signs of distress due to heat.

Certain groups are at higher risk for problems with heatwave/excessive heat

- **Young children and infants are particularly vulnerable to heat-related illness and death, as their bodies are less able to adapt to heat than are adults.**
- **Older adults**, particularly those with pre existing diseases, take certain medications, are living alone or with limited mobility who are exposed to extreme heat can experience multiple adverse effects.
- **People with chronic medical conditions** are more likely to have a serious health problem during a heat wave than healthy people.
- **Pregnant women are also at higher risk.**

Reduce risk of heat illness

- Take it slow. Avoid strenuous outdoor activities in the hottest part of the day if possible. If you have to be in the heat take frequent breaks .
- Dress light . Wear lightweight, loose fitting, light-colored clothes to reflect the sun's heat.

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Annual physical exams are important to help you and your doctor identify potential health problems before they become serious.

MEN'S HEALTH WEEK CONTINUED

- **Make an appointment.** Preventive health screenings can catch potential problems early. Get an annual physical and ask your healthcare provider about preventive health screenings based on your age. Your doctor may recommend blood pressure screenings, cholesterol checks, diabetes screenings, colorectal cancer screenings, and prostate cancer screenings.
- **Make Mental Health a Priority.** Unfortunately our society still puts a stigma on men who seek out help for mental health. Men are more likely to die by suicide than women, but are much less likely to seek help. Signs that you may need help include
 - ◆ Anger, irritability, or aggressiveness
 - ◆ Noticeable changes in mood, energy level, or appetite
 - ◆ Difficulty sleeping or sleeping too much
 - ◆ Difficulty concentrating, feeling restless, or on edge
 - ◆ Increased worry or feeling stressed
 - ◆ Misuse of alcohol and/or drugs
 - ◆ Sadness or hopelessness
 - ◆ Suicidal thoughts
 - ◆ Feeling flat or having trouble feeling positive emotions
 - ◆ Engaging in high-risk activities
 - ◆ Aches, headaches, digestive problems without a clear cause
 - ◆ Obsessive thinking or compulsive behavior
 - ◆ Thoughts or behaviors that interfere with work, family, or social life
 - ◆ Unusual thinking or behaviors that concern other people

If you are experiencing some of these signs and symptoms on most days or for two weeks or longer it is time to find help. Ask a family member you feel comfortable with or your healthcare provider about options. There are often support groups you can join and if needed medications that can help.

If you find yourself in crisis please dial **The 988 Suicide & Crisis Lifeline**. It is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.

June is National PTSD Awareness Month

Although often associated with combat veterans, Posttraumatic Stress Disorder (PTSD) is a mental health condition that can impact any person of any age after experiencing or witnessing a traumatic event. Such traumatic events might include military combat, sexual or physical violence, natural disasters, or severe accidents.

After a traumatic event, it is normal to have stress reactions including upsetting memories, feeling on edge, or having trouble sleeping. If symptoms exist for longer than a few months, a person may have PTSD. Individuals with PTSD may experience nightmares or unwanted memories of the trauma, avoidance of situations that bring back memories of the trauma, heightened reactions, anxiety, or depressed mood that impact their ability to perform in their social life, work life, or other important activities. PTSD in children may present differently. They might think there were signs that the trauma was going to happen and subsequently look for similar signs thinking that this will help them avoid future traumas. These children may present with hypervigilance and challenges with executive functioning that impede academic performance. Symptoms of PTSD might also show through their play (e.g., playing shooting games after a school shooting).

If you or a loved one are experiencing symptoms of PTSD, it's important to know that multiple treatment and support resources exist:

For mental health resources visit

<https://www.samhsa.gov/find-help>

HOT CAR DEATHS ARE PREVENTABLE

Know the Facts

A child's body temperature rises three to five times faster than an adult's. When a child is left in a vehicle, that child's temperature can rise quickly — and the situation can quickly become dangerous.

Heatstroke begins when the core body temperature reaches about 104 degrees.

A child can die when their body temperature reaches 107 degrees.

In 2022, 33 children died of heatstroke in vehicles.

In 2018 and 2019, we saw a record number of hot car deaths — 53 children died each year — the most in at least 25 years, according to NoHeatstroke.org.

Everyone Can Help Prevent Hot Car Deaths

Parents and Caregivers

1. Never leave a child in a vehicle unattended for any length of time. Rolling windows down or parking in the shade does little to change the interior temperature of the vehicle.
2. Make it a habit to check your entire vehicle — especially the back seat — before locking the doors and walking away.
3. Ask your childcare provider to call if your child doesn't show up for care as expected.
4. Place a personal item like a purse or briefcase in the back seat, as another reminder to look before you lock. Write a note or place a stuffed animal in the passenger's seat to remind you that a child is in the back seat.
5. Store car keys out of a child's reach and teach children that a vehicle is not a play area.

Act Fast. Save a Life.

If you see a child alone in a locked car, act immediately and call 911. A child in distress due to heat should be removed from the vehicle as quickly as possible and rapidly cooled.

EXTREME HEAT SAFETY CONTINUED

- Eat light. Choose foods that are easy to digest like fruits and salad that often contain extra water to keep you hydrated.
- Stay hydrated. Drink plenty of cool water (not too cold). Avoid beverages that contain caffeine and alcohol. Drink even if you don't feel thirsty. If you have a medical condition where excess fluid is a concern talk with your doctor about the best way to stay hydrated during excessive heat.
- Use or find air conditioning. If you have an air conditioner use it. If you don't have AC contact your local Office of Emergency Services about the locations of cooling centers.
- Use fans. A fan can help vent the hot air in a room out or bring cooler air in. Do not direct the fan on a person if the temperature is above 90 degrees. It can dehydrate a person faster.
- Minimize direct exposure to the sun.
- Take a cool bath or shower.
- Do not take salt tablets. Unless directed to do so by a physician.

Signs and symptoms of heat illness

HEAT CRAMPS

Heat cramps may be the first sign of heat-related illness, and may lead to heat ex-

haustion or stroke.

- Symptoms: Painful muscle cramps and spasms usually in legs and abdomen and heavy sweating.

HEAT EXHAUSTION

- Symptoms: Heavy sweating, Weakness or tiredness, cool, pale, clammy skin; fast, weak pulse, muscle cramps, dizziness, nausea or vomiting, headache, fainting,

First Aid: Move person to a cooler environment, **preferably a well air conditioned room.** Loosen clothing. Apply cool, wet cloths or have person sit in a cool bath. Offer sips of water. If person vomits more than once, **Seek immediate medical attention if the person vomits, symptoms worsen or last longer than 1 hour**

HEAT STROKE

- **Symptoms:** Throbbing headache, confusion, nausea, dizziness, body temperature above 103°F, hot, red, dry or damp skin, rapid and strong pulse, fainting, loss of consciousness.

First Aid: Call 911 or get the victim to a hospital immediately. Heat stroke is a severe medical emergency. Delay can be fatal. Move the victim to a cooler, preferably air-conditioned, environment. Reduce body temperature with cool cloths or bath. Use fan if heat index temperatures are below the high 90s. A fan can make you hotter at higher temperatures. Do **NOT** give fluids.

JUNE IS ALZHEIMER'S & BRAIN AWARENESS MONTH

Memory loss that disrupts daily life may be a symptom of Alzheimer's or [other dementia](#). Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, don't ignore them. Schedule an appointment with your doctor.

1. Memory loss that disrupts daily life. One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking the same questions over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

2. Challenges in planning or solving problems. Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's a typical age-related change?

Making occasional errors when managing finances or household bills.

ALZHEIMER'S & BRAIN AWARENESS CONT.

3. Difficulty completing familiar tasks. People with Alzheimer's often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game.

What's a typical age-related change?

Occasionally needing help to use microwave settings or to record a TV show.

4. Confusion with time or place. People living with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age-related change?

Getting confused about the day of the week but figuring it out later.

5. Trouble understanding visual images and spatial relationships. For some people, having vision problems is a sign of Alzheimer's. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving.

What's a typical age-related change?

Vision changes related to cataracts.

6. New problems with words in speaking or writing. People living with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name (e.g., calling a "watch" a "hand-clock").

What's a typical age-related change?

Sometimes having trouble finding the right word.

7. Misplacing things and losing the ability to retrace steps. A person living with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses.

What's a typical age-related change?

Misplacing things from time to time and retracing steps to find them.

8. Decreased or poor judgment. Individuals may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean.

What's a typical age-related change?

Making a bad decision or mistake once in a while, like neglecting to change the oil in the car.

9. Withdrawal from work or social activities. A person living with Alzheimer's disease may experience changes in the ability to hold or follow a conversation. As a result, he or she may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity.

What's a typical age-related change?

Sometimes feeling uninterested in family or social obligations.

10. Changes in mood and personality. Individuals living with Alzheimer's may experience mood and personality changes. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, with friends or when out of their comfort zone.

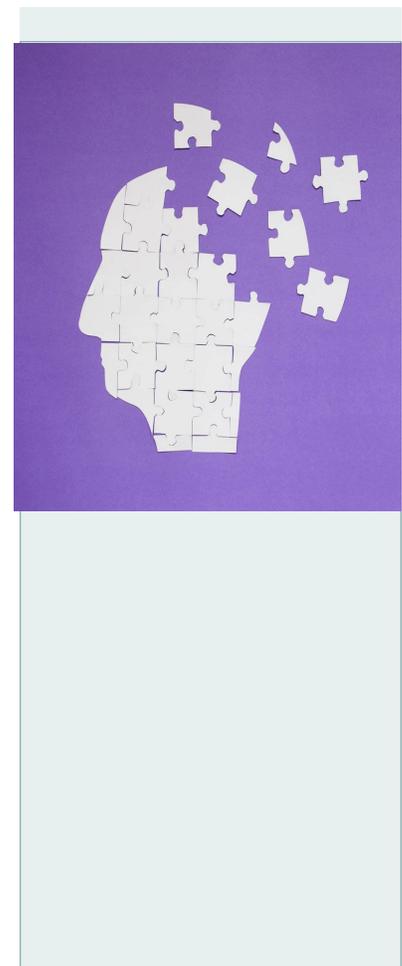
What's a typical age-related change?

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor.

With early detection, you can explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer, as well as increase your chances of participating in clinical drug trials that help advance research.

For more information visit the Alzheimer's Association at <https://www.alz.org/>



DIARRHEA & SWIMMING

Diarrhea is the most common swimming-related illness. People who are already sick with diarrhea can spread it to others when they get in recreational water. People typically have about 0.14 grams of poop (similar to a few grains of sand) on their bodies at any given time. When a person who is sick with diarrhea gets in the water, that tiny amount of poop on their body can wash into the water around them and contaminate it with germs. If someone else swallows the contaminated water, they can become infected.

REDUCE RECREATIONAL WATER ILLNESSES

We all share the water we swim in. That means each of us needs to do our part to help keep ourselves, our families, and our friends healthy. To help protect yourself and those you care about, here are a few easy and effective steps all swimmers can take each time we swim, play, or relax in the water.

Pools, hot tubs, and water playgrounds with proper chlorine or bromine levels and pH are less likely to spread germs.

Before you get in

- For home pools make sure to test chlorine levels or bromine levels daily and adjust the levels following manufacturer's instructions
- For public pools and water playgrounds check latest inspection results on state or local health department website or on-site.

Check Yourself

Stay out of the water if you are sick with diarrhea. If you have been diagnosed with Crypto, don't go back in the water until 2 weeks after diarrhea has completely stopped.

Stay out of the water if you have an open cut or wound (particularly from a surgery or piercing). If you do go in the water, use waterproof bandages to completely cover the cut or wound.

Shower before you get in the water. Rinsing off in the shower for just 1 minute removes most of the dirt or anything else on your body that uses up chlorine or bromine needed to kill or inactivate germs.

Once you are in

- Don't pee or poop in the water.
- Don't swallow the water.
- Take kids on bathroom breaks and check diapers every hour.
- Change diapers away from the water to keep germs from getting in.
- Dry ears thoroughly after swimming.

If you are at an ocean, lake, or river:

- Check for beach or lake closure information on your state or local government website or signs on-site.
- Cloudy water can be a warning that there are more germs in the water than normal.
- Stay out if you see any pipes draining into or around the water.

Wash your hands for 20 seconds before eating food, especially if you have been playing in or touching sand. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Hand sanitizer might not be as effective when hands are visibly dirty or greasy, so wiping sand off before using it might be helpful.

For more information about recreational water illnesses and healthy swimming visit <https://www.cdc.gov/healthywater/swimming/swimmers/steps-healthy-swimming.html>



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