Preventative Health for Men and Women

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To provide feedback or to receive a copy of today’s slides, send an email to jmeister@activehealth.net.
Learning objectives

Preventative health for men and women

- **Learn** how to be an active participant in your health
- **Discuss** preventative screenings
- **Review** non-modifiable and modifiable risk factors
- **Discover how to be proactive** with your health
Let’s think about your health...

• List 3 things you are **doing well** in managing your health

• List 3 things you can **improve upon** in managing your health

“The first wealth is health”

-Ralph Waldo Emerson
Be proactive about your health

• Being proactive about your health can:
  – Result in **better health care**
  – Help **lower your risk of serious health problems** by making small changes
  – Help you understand your **current health status**

• How do you start?
  – Find or establish a **relationship** with a primary care provider
  – Start by asking your PCP **which screenings you need** this year
What is a primary care provider (PCP)?

- Primary care providers are health care practitioners who see people for **routine check-ups** and **common medical problems**
  - They’re usually a doctor, physician assistant, or nurse practitioner
  - They’re involved in your care for the long-term
  - It’s important to select a PCP who you can communicate with well
Why is having a PCP important?

• Routine visits are beneficial for adult health and wellness

• PCP’s can help you to...
  – Manage chronic diseases
  – Lower health care costs
  – Increase satisfaction

• PCPs help to coordinate your care all in one place

• Other doctors and medical staff within the practice also have access to your medical history
General screenings for both genders

- Blood pressure screening
- Cholesterol screening
- Heart attack and stroke risk screening
- Diabetes
- Depression
- Dental check-up
- Hearing tests
- HIV test
- Hepatitis virus test, including hepatitis C
- Osteoporosis screening
- Alcohol abuse (misuse) screening
- Sexually transmitted infection screening
- Thyroid disease screening
- Tuberculosis screening
- Type 2 diabetes screening
- Vision tests and glaucoma screening
- Weight
- Skin cancer screening
- Colorectal cancer screening
- Lung cancer screening
- Osteoporosis screening
- Sexually transmitted infection screening
## Gender-specific screenings

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Testicular cancer</td>
<td>• Breast cancer screening</td>
</tr>
<tr>
<td>• Abdominal aortic aneurysm screening</td>
<td>• Cervical cancer screening</td>
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## Make the most of your appointment

### Be a good partner with your healthcare provider

<table>
<thead>
<tr>
<th>✔</th>
<th>Build a relationship with your healthcare provider</th>
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<tbody>
<tr>
<td>✔</td>
<td>Be an active participant in each appointment</td>
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<td>✔</td>
<td>Have a family member or friend with you at your visit</td>
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<td>✔</td>
<td>Ask for instructions</td>
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<td>✔</td>
<td>Be sure to make and go to all appointments, and call your healthcare provider if you are having problems</td>
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6 tips for your visit

• Make a list in advance of the things you want to discuss

• If you don’t understand something, ask questions until you do

• Take notes—or get a friend or family member to take notes for you

• Ask your doctor to write down instructions

• Ask for printed material about your condition or suggestions for additional resources

• Other members of your health care team, such as nurses and pharmacists, can be good sources of information too!
Chronic conditions and risk factors
## Chronic conditions among men and women

### Men
- **Top 3 leading causes of death in men**
  - Heart disease
  - Cancer
  - Unintentional injuries

- **Common health issues**
  - Heart disease
  - Stroke
  - Cancer
  - Diabetes
  - Emotional health

### Women
- **Top 3 leading causes of death in women**
  - Heart disease
  - Cancer
  - Stroke

- **Common health issues**
  - Heart disease and stroke
  - Mental health
  - Osteoarthritis
  - Osteoporosis
## Risk factors

### Risk factors you CAN’T change

- Age
- Gender
- Ethnicity
- Family history

### Risk factors you CAN change

- Physical activity
- Diet
- Tobacco use
- Stress
- Sleep
Know your numbers

**Body Mass Index (BMI) and Waist Circumference**
- BMI goal: 18.5-24.9
- Waist Circumference goal: Less than 40 inches for men; less than 35 inches for women

**Blood Pressure**
- In most adults, blood pressure is checked during routine office visits. Your healthcare provider can help you determine if your blood pressure is high

**Cholesterol**
- Your healthcare provider may evaluate you for cardiovascular risk – this is important so you can make changes to reduce your risk
Know your numbers

**Triglycerides**
- Triglycerides are an important measure of heart health. It can be measured by a blood test. Talk to your doctor about your triglyceride levels.

**Blood Glucose**
- This can be measured by a blood test. Ask your doctor what your blood glucose levels should be.
Take control
Lifestyle behaviors drive chronic conditions

• **More than one-third** of all adults in the U.S. do not meet recommended levels for physical activity\(^1\)

• **Fewer than 25%** of adults are consuming the recommended daily servings of fruits and vegetables\(^2\)

• **Roughly 1 in 5** adults continue to use tobacco-based products\(^3\)

• **These and other modifiable behaviors are responsible for most of the illness in the US—with 117 million adults having at least one chronic illness**\(^4\)

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1., 2., 3. CDC, Chronic Disease Prevention and Health Promotion, http://www.cdc.gov/chronicdisease/overview/index.html#2
4. Deloitte, Consumer Engagement Across the Health Spectrum, 2011
Benefits of physical activity

- Reduced health risks and manage chronic conditions
- Improved energy
- Weight loss
- Weight maintenance
- Increased muscle tone
- Strengthen bones
- Improved cognitive function
- Enhanced mood
- Stress management
Ideas to get started

**Exercise**
- Walk
- Exercise DVD’s
- Workout buddy
- Trial memberships

**Lead an active lifestyle**
- Yard work
- House work
- Commute via biking or walking
- Lifestyle habits
Eat a healthy diet

Eat these “good” foods
- Fresh fruits
- Vegetables
- High-fiber foods and whole grains
- Lean proteins (like chicken and fish)
- Nuts, seeds and beans

Limit the “not-so-good” foods
- Foods high in saturated or trans fat
- Foods high in salt
- Foods high in sugar
- Alcohol, no more than 2 drinks for men per day and 1 drink for women per day
Be tobacco free

• **Leading cause of preventable death and disease in the U.S.**
  – Smoking increases the risk of having a heart attack
    • If you have heart disease and live or work with someone who smokes, your own risk of heart attack goes up
  – One third of all cancer deaths are caused by tobacco

• **Most common cancers caused by tobacco:**
  – Lung cancer
  – Mouth cancer
  – Throat cancer

• **Reduce exposure to secondhand smoke**
Manage your stress: coping strategies

Healthy

- Exercise or outdoor activity
- Doing an activity you enjoy
- Talking to your family or friends
- Laughing or crying
- Meditation or prayer
- Time-management
- Get enough sleep

Unhealthy

- Eating too much
- Yelling at others
- Increased alcohol or drug abuse
- Avoiding friends and family
Taking medications

What does it mean to take medications as doctors intend?

- Fill the prescription
- Take the right amount
- Take it at the right time
- Take it every day
- Re-fill the prescription when you run low
Where might you like to improve?

- Get preventative screenings / annual visits
- Take medicine as prescribed by health care provider
- Eat a healthier diet
- Be more physically active
- Manage my stress
- Quit smoking
- Get more sleep
Summary

• **YOU** have control of your health

• Schedule preventive screenings with your healthcare provider

• Assess your risk factors and what you can do to reduce your risks
  – Know your numbers

• Make healthy lifestyle behavior changes to reduce your risk of chronic conditions

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