

Let's Talk

ABOUT YOUR HEALTH



June 13, 2023 is National Men's Health & Fitness Day

Recognizing Men's Health Issues

The week leading up to and including Father's Day has been named National Men's Health Week. The purpose of this initiative is to raise national awareness among society and especially among men, of the importance of preventative healthcare and the early detection and treatment of problems affecting men. In addition to non-gender specific issues like heart disease, cholesterol count, blood pressure, etc., the specific men's health issues to be addressed include stroke, colon cancer, prostate cancer, testicular cancer, suicide, alcoholism and men's fear of doctors, among others, according to the National Men's Health Foundation.

To kick off this special National Men's Health Week, test your knowledge about stroke risk by taking this quiz below, excerpted from Men's Health Magazine.

1. YOUR GUT IS ...

- a. huge 4 points
- b. modest 2 points
- c. flat 0 points

POINTS _____

2. YOUR BLOOD PRESSURE ...

- a. consistently exceeds 140/90, but you ignore doctors' advice about drugs or exercise 6 points
- b. was high, but you're making lifestyle changes or taking medication 4 points
- c. checks in at 120/80 or lower 0 points
- d. is, oh, who knows 3 points

POINTS _____

3. YOUR DIET INCLUDES ... (count all that apply)

- a. less than 30 percent of calories from fat and 10 percent from cholesterol 1 point
- b. limited salt 1 point
- c. at least five servings of fruit and vegetables daily 1 point
- d. 25 grams of fiber daily (two big bowls of high-fiber bran cereals) 1 point
- e. 400 micrograms of folate daily (found in kidney beans and orange juice) 1 point

POINTS _____

4. YOUR VICES INCLUDE ... (count all that apply)

- a. binge drinking (five or more at once) 6 points
- b. having two or more drinks a day (or 15 a week) 4 points
- c. having eight to 14 drinks a week 1 point
- d. having no more than one drink a day 1 point
- e. smoking more than one pack of cigarettes a day 4 points
- f. smoking up to one pack a day 2 points

POINTS _____

5. YOUR EXERCISE REGIMEN IS ...

- a. working out three times a week or more 1 point
- b. off an on 0 points
- c. does reading this count? 4 points

POINTS _____

6. YOUR HEALTH HISTORY INCLUDES ... (count all that apply)

- a. atrial fibrillation (a specific kind of irregular heartbeat) 6 points
- b. any kind of coronary heart disease 6 points
- c. blockages in your carotid arteries (they deliver blood to your brain) 3 points
- d. diabetes 3 points
- e. total cholesterol that's 240 milligrams per deciliter or greater 1 point
- f. depression (if you're over 50 years old) 1 point
- g. a family history of stroke 3 points

POINTS _____

GRAND TOTAL _____

18 points or more (high risk): See a doctor soon.
Exercise more, cut fat from your diet, and drink less. Quit smoking. You probably need to lower your blood pressure, too – if it's higher than 140/90, you're six times as likely to have a stroke as people with normal blood pressure. Check the National Stroke Association's Web site at www.stroke.org for doctor referrals or for more information.

7 to 17 points (medium risk): Make modifications

Look at factors in which you scored 3 points or more in the quiz. Again, if you smoke, quit. Cut back your drinking to moderate levels. You'll lower your risk of clogging the arteries that feed your brain.

6 points or fewer (low risk): Keep up the good work.
Regular exercise reduces risk factors like high blood pressure, and it also keeps the weight off. Once you pack on 20 percent more than your ideal weight, your stroke risk increases by as much as 10 percent.

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