



Healthy Living Update

June is Men's Health Month!

The Goal of Men's Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.



Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue.

Alarming statistics show that men's health is at great risk. On average, men die almost 6 years younger than women and suffer higher mortality rates for the top causes of death. The lives of hundreds of thousands of men will continue to be

threatened unless immediate action is taken to combat this growing crisis.

Want some interesting and fun things to do during Men's Health Month? Visit us at: www.menshealthmonth.org

Find events in your area by checking the Men's Health Calendar at: www.menshealthnetwork.org

Research shows that:

- Men do not see physicians for a physical exam nearly as often as women
- Men are dying of the top causes of death at higher rates than women
- Men are more likely to be uninsured than women
- Approximately 30,000 men in the US die each year from prostate cancer

This Month at Public Health:

Immunization Clinics:

- June 2 – 1:00-6:00 pm
- June 13 – 1:00-5:00 pm
- June 19 – 1:00-6:00 pm
- June 24 – 1:00-6:00 pm
- June 30 – 1:00-6:00 pm

OPOP:

- June 9
- June 10
- June 16
- June 17

Cholesterol Screenings:

- June 13
- June 30

Holiday Closings

- none

REMINDER:

BBPH has new web address!

Bismarck-Burleigh Public Health
500 E Front Ave. Bismarck, ND 58504
Phone: 701.355.1540

www.bismarcknd.gov/publichealth

Spotlight on Diversity

"We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value not matter what their color."

Maya Angelou 1928-2014



June 27 is National HIV Testing Day

National HIV Testing Day is an annual campaign to encourage people of all ages to "Take the Test, Take Control."

Too many people don't know they have HIV. In the United States, nearly 1.1 million people are living with HIV, and almost one in five don't know they are infected. Getting tested is the first step to finding out if you have HIV. If you have HIV, getting medical care and taking medicines regularly helps you live a longer, healthier life and also lowers the chances of passing HIV on to others.

HIV can be transmitted through four body fluids.

- Blood
- Semen
- Vaginal fluid
- Breast Milk

Who should be tested?

- Sexually active men and women not in a mutually monogamous relationship
- Individuals with certain high risk behaviors - needle-sharing for drug use or tattooing and body piercing.

HIV antibody testing is available free of charge at Bismarck Burleigh Public Health to people at risk for HIV. The HIV antibody test detects the presence of antibodies to HIV by using a drop of blood from a finger stick. Rapid testing results are available in 20 minutes.

Call Bismarck Burleigh Public Health to make a confidential appointment for testing.



How Can I Protect My Family from the Sun?

Seek shade. UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent. Use these options to prevent sunburn, not to seek relief after it's happened.

Cover up. Clothing that covers your skin helps protect against UV rays. Although a long-sleeved shirt and long pants with a tight weave are best, they aren't always practical. A T-shirt, long shorts, or a beach cover-up are good choices, too—but it's wise to double up on protection by applying sunscreen or staying in the shade when possible.

Get a hat. Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. Baseball caps are popular among kids, but they don't protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.

Wear sunglasses. They protect your eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.

Apply sunscreen. Use sunscreen with at least SPF 15 and UVA and UVB protection every time you go outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet.