

HEALTH ADVICE ON FATHER'S DAY

By Chantal Guillaume, RN, MSN, ED

Many of the leading causes of death can be prevented when we take action and interest in our health. That's why we need to think of our primary care physician as our ally; as someone who can discuss with us what we need to know to live and maintain a longer and healthier life. Unfortunately, men usually avoid going to the doctor until something goes seriously wrong.

According to the *Mayo Clinic*,* the top causes of death among adult men in the U.S. are: heart disease, cancer, unintentional injuries, chronic lower respiratory disease, and stroke. The good news is that making a few lifestyle changes can significantly lower the risk of these common killers.

Take charge of your health and implement these suggested lifestyles choices:

- **Don't smoke.** If you do smoke or use other tobacco products, ask your doctor to help you quit. Avoid exposure to secondhand smoke, air pollution, and chemicals such as those in the workplace.

- **Eat a healthy diet.** Choose vegetables, fruits, whole grains, high-fiber foods, and lean sources of protein, such as fish.
- **Maintain a healthy weight.** Losing excess pounds can lower your risk for heart disease and some types of cancer.
- **Get moving.** Exercise and choose physical activities you enjoy such as tennis, basketball or brisk walking.
- **Avoid alcohol.** The risk of various types of cancer, such as liver cancer appears to increase with the amount of alcohol you drink and the length of time you've been drinking regularly. Too much alcohol can also raise your blood pressure and increase your risk of heart attack and stroke.
- **Manage stress.** If you feel constantly on edge or under pressure, your lifestyle habits may suffer, and so might your immune system. Take steps to reduce stress or learn to deal with stress in healthy ways. Depression is a leading

cause of suicide among men. Seek professional help.

- **Drive Safely.** Motor vehicle accidents are another common cause of death among men. To stay safe on the road, wear your seat belt, follow the speed limit, never drive under the influence of alcohol or any other substances, and don't drive distracted or while sleepy.

The Miami Temple Health Ministries wishes a Happy Father's Day to all our dads. May God bless you with good health and wisdom in making healthy lifestyles choices.

"He who cures a disease may be the skillfullest, but he that prevents it is the safest physician."

—Thomas Fuller



*<https://www.mayoclinic.org/healthy-lifestyle/mens-health/in-depth/mens-health/art-20047764>