

Public Health, Epidemiology & Prevention

PEP Talk

Pinellas County Health Department ■ June 2009

June is Men's Health Month You Can Take Steps to Improve Your Life!

MEN'S HEALTH MONTH

Awareness. Prevention.
Education. Family.

www.menshealthmonth.org

Men die younger than women from the leading causes of death. As a result, the average woman outlives the average man by at least five years. But it doesn't have to be this way. More than half of these premature deaths are preventable, as are

about 60 percent of chronic diseases and most injuries and accidents.

By taking charge of your own preventative care, you can protect your health.

Take Steps to Improve Your Life

Remember, you are in control! Here are some important steps you can take to improve the quality – and length – of your life.

- Make sure your diet includes a lot of fruit, vegetables, whole grains and low-fat food.
- Be especially careful to your limit cholesterol intake and avoid saturated fats.
- Try to get moderate exercise for 30 minutes at least five times a week, or vigorous exercise for 20 minutes three times a week.
- Protect yourself from the sun.



- Maintain a healthy weight.
- Drink at least eight 8-ounce glasses of water every day.
- Limit how much alcohol you consume to two drinks a day.
- Don't smoke, and minimize your exposure to second-hand smoke.
- See your doctor regularly – at least once a year.

- Know your family's medical history and discuss it with your doctor.
- If you are over age 40, see your doctor and get a baseline PSA (prostate specific antigen) test and review this with your doctor.
- Practice safe sex. If you're not sure about this or have questions, please call or stop by the Pinellas County Health Department.
- Wear a seatbelt every time you're in the car, and wear a helmet when you are on a motorcycle or bicycle.
- Learn to manage your stress and get help if you need it.



It's up to you to take charge of your own health and wellness, but you can't do it alone. Regular checkups and screenings will improve your health and reduce your risk of premature death and disability.

If you're a member of a high-risk group or have a family history of disease, talk to your health care provider about the

benefits of earlier screenings.

To learn more about Men's Health Week or men's health in general, please visit www.menshealthnetwork.org.

Other Internet resources include: <http://familydoctor.org/online/famdocen/home/men/>, www.cdc.gov/men/whatsnew/ and www.mayoclinic.com/health/mens-health/

The Pinellas County Health Department offers a variety of men's health programs, including a father services program, family planning services and no-scalpel vasectomies. To learn more, visit www.PinellasHealth.com/MenServices.asp or call us at (727) 824-6900.

Water Safety Means More Than Water Wings for Your Kids! Protect Your Precious Children From Drowning



A 2009 American Red Cross survey found that almost half the adults had an experience where they nearly drowned, and one in four knew someone who drowned.

While more than 90 percent of families with children will be in the water this summer, nearly two-thirds will swim where there is no

lifeguard.

It's important to follow the basics of water safety, maintain constant supervision of children and get trained!

Practice Water Safety

- Only swim in designated areas that are supervised by lifeguards.
- Teach your children to swim with a buddy – no one swims alone.
- Make sure everyone knows how to swim. This is very important in Florida where there's a greater danger of falling into the water.
- Never leave a young child unattended near the water and never trust another child to watch your child.
- Inflatable flotation devices such as vests, water wings, rafts, and tubes can give a false sense of security in the pool and do not protect a child from drowning. Never use these as a substitute for constant adult supervision.



Teach children to always get permission to go near water.

- Young children or inexperienced swimmers

should wear U.S. Coast Guard-approved life jackets around water, but you cannot rely on life jackets alone.

Maintain Constant Supervision

- If you have a pool, secure it with more than one barrier. Many children who drowned in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.
- Actively supervise your children when they're around water – even if lifeguards are present. Remember, lifeguards cannot watch your children every moment they're in the water.
- Stay within arm's reach of young children.
- Avoid distractions, such as talking on the phone, when supervising children around water.



Be prepared to respond to an emergency on or around the water

- If a child is missing, check the water immediately. Every second counts in preventing death or disability.
- Be ready to call 9-1-1 right away.
- Have appropriate equipment nearby, including a cell phone, life jackets, a first aid kit, sunscreen and something you can use to throw or reach a child in danger.
- Enroll in water safety, first aid and CPR courses offered by the Red Cross, county and city parks and recreation centers and some area schools.
- Learn more online. For more information and to find out what you can do to keep everyone safe around the water, visit:
 - <http://www.poolsafety.gov>
 - <http://www.cdc.gov/healthyswimming>
 - <http://www.redcross.org>



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