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HEALTH OBSERVANCE

Men's Health Month

Lisa Kyler – Wellworks For You

Don't Skip your Preventive Care

It's time to focus on creating a positive attitude around men's health, especially when it comes to preventive care. Men often skip routine healthcare visits out of fear of looking weak. A study from the [Cleveland Clinic](#) showed that 40 percent of men only go to the doctor when they're having a serious health issue. Skipping yearly physicals and checkups could be the difference between catching health issues early or when it's too late.

Whatever age you are, it's vital that you're visiting with your healthcare provider. We've listed [several health issues](#) men should be concerned about at each stage of life.

Preventive Care in your 20s and 30s

- Learn your BMI, blood pressure, and cholesterol.
- Discuss any anxiety, depression, or mental health conditions you may be dealing with.
- Focusing on sexual health, including sexually transmitted infection testing.
- Learn the signs of testicular cancer and begin being screened.

Preventive Care in your 40s

- Continued focus on maintaining good blood pressure and cholesterol levels.
- Starting at age 45, colon cancer screening becomes routine.
- If you're overweight, it's important to screen for diabetes.

Preventive Care in your 50s

- Once you're over the age of 50, the CDC recommends getting a Shingles vaccine.
- Early prostate screenings begin at 55

Preventive Care in your 60s and Beyond

- Heart disease is the leading cause of death in the United States. Talk to your doctor about your risks.
- Ensure you're getting your yearly flu vaccine. The immune system begins to weaken as you age.
- Finding safe and age-appropriate ways to exercise.

Keep the conversation open about health issues you may be facing. Individuals with male family members can help support and empower them to visit their healthcare provider regularly. The best way to be strong is by keeping your body healthy – physically and mentally.

Source <https://www.healthline.com/health/mens-health/ultimate-preventive-care-guide-for-men>



WellBalance Health Corner

PTSD Awareness Month

June is PTSD Awareness Month. Find out warning signs of PTSD and what you should do if you or someone you love may be suffering.

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How to Stay Mindful on Vacation

It is important to our mental health to take breaks from time to time, learn how to fully take advantage of your vacation time.

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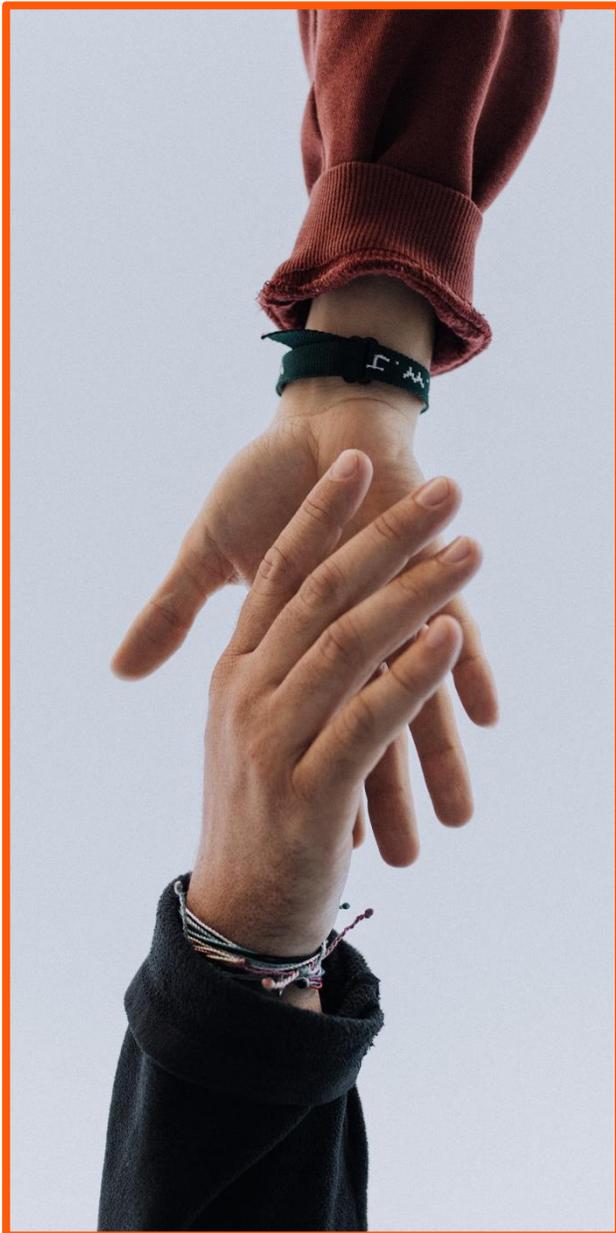
WelBalance

HEALTH TIP CORNER

Find ways to identify and bring awareness to PTSD

June is PTSD Awareness Month

Dawn Koch – Wellworks For You



PTSD Can Look like a Lot of Different Things

June is PTSD Awareness Month. According to the American Psychological Association (APA), PTSD is an anxiety problem that develops in some people after extremely traumatic events, such as combat, crime, an accident, or natural disaster.

According to the National Institute of Mental Health, it is natural to feel afraid during and after a traumatic situation. Fear triggers many split-second changes in the body to help defend against danger or to avoid it. This “fight-or-flight” response is a typical reaction meant to protect a person from harm. Nearly everyone will experience a range of reactions after trauma, yet most people recover from initial symptoms naturally. Those who continue to experience problems may be diagnosed with PTSD.

A psychiatrist or psychologist with experience helping people with mental illnesses can diagnose PTSD.

To be diagnosed with PTSD, an adult must have all of the following for at least 1 month:

- At least one re-experiencing symptom: flashbacks, bad dreams, frightening thoughts
- At least one avoidance symptom: staying away from places, events or objects that are reminders of the event; avoiding thoughts or feelings related to the event
- At least two arousal and reactivity symptoms: being easily startled, feeling on edge, difficulty sleeping, angry outbursts
- At least two cognition and mood symptoms: trouble remembering key features of the event, negative thoughts about self or the world, distorted feelings like guilt or blame, loss of interest in enjoyable activities

Symptoms in very young children (less than 6 years old), may include:

- Newly wetting the bed
- Being unable to talk
- Acting out the scary event
- Being unusually clingy

There are many treatment options for PTSD. If you suspect you or someone you love has PTSD, talk to your doctor. You can also check NIMH's [Help for Mental Illnesses page](https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd).

Source <https://www.apa.org/topics/ptsd>
<https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd>

How to Stay

Mindful on Vacation

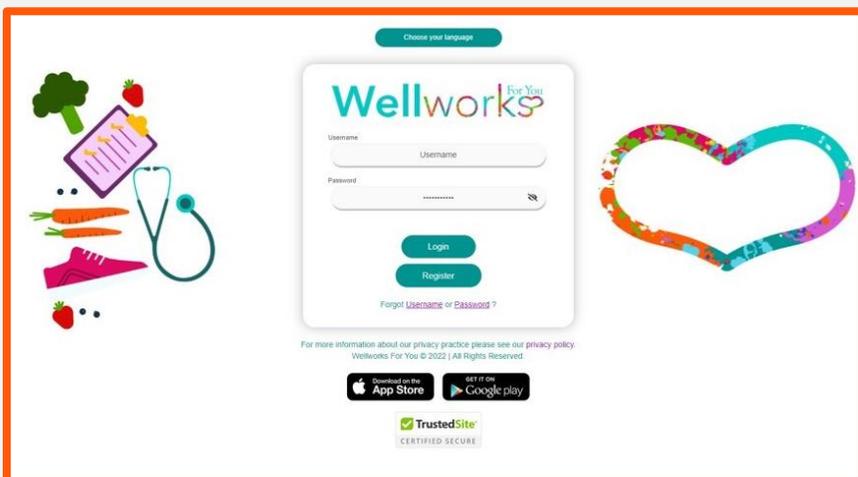
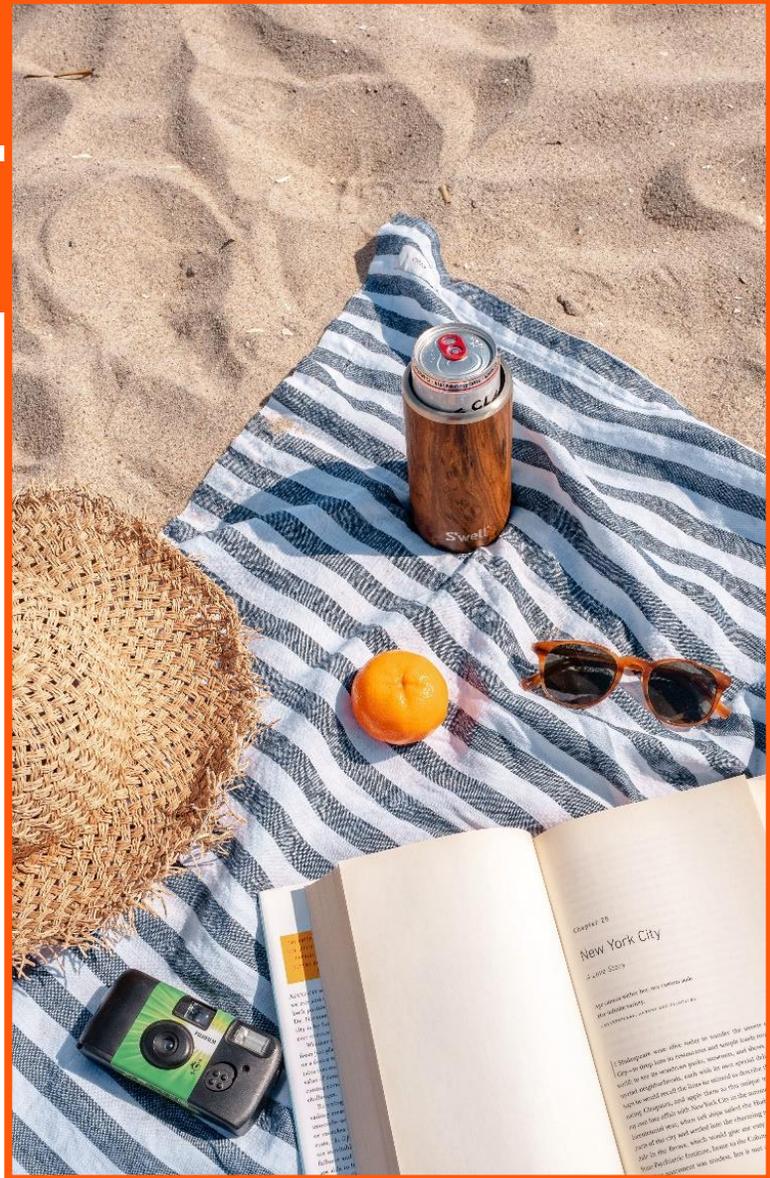
Kayla Wolf – Wellworks for You

Taking a break is very important to our health and wellbeing. One of the best ways to relax and recharge is taking a trip. Whether this is a day trip, a weekend away, or an extended vacation, it is crucial to nourish our bodies and clear our minds by taking time for ourselves. As many of us are gearing up to take summer vacations, here are a couple of tips to get the most out of your trip.

- Prior to your departure, ask yourself, “what am I looking to gain from this experience?” Are you looking to immerse yourself in a new culture? Are you looking to reconnect with yourself or with family and friends? Are you looking to try something new and adventurous? Plan your itinerary around your overall intention for your trip.
- Unplug from technology. It can be tempting to pull out your phone or camera to snap a picture of every cool thing we see when we are exploring a new place. Even though it is nice to have memories to look back on, try to take a moment to be fully present in these moments. Focus your attention on your senses. What do you see? What sounds and smells are present?
- Express gratitude. Take a few deep breaths and remember how special it is to take time for ourselves, explore new surroundings, immerse ourselves in new experiences, and unwind from our busy lives.

For more information on practicing mindfulness while on vacation, visit [Mindful.org](https://www.mindful.org) for additional details.

Source <https://www.mindful.org/tips-bringing-mindfulness-next-vacation/>



Check Out Wellworks' New Login Page!

The login page you love just got a refresh!

The new login page features:

- A new design with updated images
- New password visibility option
- New asterisks for required fields when registering a new account

FEATURED RECIPE

Green Goddess Chickpea Salad

2 Servings



INGREDIENTS

Dressing

- 1 avocado, peeled and pitted
- 1 ½ cups buttermilk
- ¼ cup chopped fresh herbs, such as tarragon, sorrel, mint, parsley and/or cilantro
- 2 tablespoons rice vinegar
- ½ teaspoon salt

Salad

- 3 cups chopped romaine lettuce
- 1 cup sliced cucumber
- 1 (15 ounce) can chickpeas, rinsed
- ¼ cup diced, low fat Swiss cheese
- 6 cherry tomatoes, halved if desired

DIRECTIONS

To Prepare Dressing

1. Place avocado, buttermilk, herbs, vinegar and salt in a food blender
2. Puree until smooth

To Prepare Salad

1. Place lettuce and cucumber in a bowl
2. Add ¼ cup of dressing
3. Top with chickpeas, cheese, and tomatoes
4. Refrigerate the extra dressing for up to 3 days

NUTRITION

Serving Size: 2 ¾ cups

Per Serving: 304 calories; protein 21.7g; carbohydrates 39.8g; dietary fiber 11.9g; sugars 10.1g; fat 7.5g; saturated fat 1.7g; cholesterol 12mg; vitamin a iu 6774.1IU; vitamin c 14mg; folate 180.9mcg; calcium 420mg; iron 2.5mg; magnesium 71.8mg; potassium 641.4mg; sodium 465mg.

Source: <https://www.eatingwell.com/recipe/258450/green-goddess-salad-with-chickpeas/>