



# Live Well, Work Well

June 2023

## June is National Men's Health Month!

Typically, we think of preventive screenings once we turn 40, and that's if we think of them at all. However, you may require preventive screenings if you are in your 30s, or even your 20s, depending on your family and medical history. Your personal physician can guide you with these decisions.

What types of screenings should you be getting? A great place to start is with your personal doctor at an *annual physical* to examine several important health factors.

- ✓ Weight
- ✓ Blood Pressure
- ✓ Cholesterol
- ✓ Diabetes Risk
- ✓ Family History Risk Factors
- ✓ Age Related Risk Factors
- ✓ Age Appropriate Blood Work
- ✓ Other Concerns of Yours

Don't forget about annual eye exams or twice-yearly dental visits either. Like going to your regular doctor, doing these other preventive visits will help prevent future health concerns.

Other health screenings occur because the annual physical doesn't always catch everything. The four cancer screenings below are common ones you should be aware of as you age.

### Colorectal (Colon) Cancer

#### Screening Method

Colonoscopy, sigmoidoscopy, or fecal occult blood testing (FOBT)

#### When to Get Screened\*

If you are 45 to 75 years old, get tested. The schedule depends on the type of test.

### Prostate Cancer

#### Screening Method

Digital Rectal Exam (DRE) and prostate specific antigen (PSA) test

#### When to Get Screened\*

Consult with your doctor. The need or timeline for a test can be highly individualized due to several factors playing a role.

### Lung Cancer

#### Screening Method

Low-dose CT scan

#### When to Get Screened\*

If you are 55-80 years old and are a heavy smoker or a past smoker who quit within the last 15 years, get a low-dose CT scan annually.

### Skin Cancer

#### Screening Method

Periodic total-body examinations by a clinician

#### When to Get Screened\*

Consult with your doctor. There is no consensus on recommending for or against an annual screening.

\* These are general screening timelines that may not be appropriate for you. Consult with your physician first.

No matter your circumstances, remember **THERE IS NO SHAME IN TAKING CARE OF YOURSELF.**

# Safety Tips for Exercising Outdoors

As we move into summer, many will want to exercise outdoors to stay active and get some fresh air. That's great news, as health experts recommend at least 150 minutes of moderate aerobic activity each week. Also, moving your workout outdoors can boost your mood and improve your concentration.



Trails, exercise parks, sports fields and stairs provide endless opportunities to switch up your workout. However, working out in hot and humid weather can put extra stress on your body, so consider the following tips to safely exercise outdoors:

- **Avoid the hottest part of the day.** If possible, plan your workout before 10 a.m. or after 3 p.m. to dodge strong sun rays.

- **Wear light-colored clothing.** Dark colors absorb the heat, while light colors reflect the sun. Lightweight, loose-fitting clothing will help air circulate and keep you cool.
- **Apply sunscreen.** Choose a broad-spectrum sunscreen that's at least 30 SPF. Reapply every two hours, even if the label says it's sweatproof. Wearing a wide-brimmed hat can also protect your face from the sun.
- **Stay hydrated with water.** Drink water before you head out and try to take sips every 15 minutes during your workout—whether you're thirsty or not.
- **Replenish your electrolytes.** Instead of reaching for a sports drink after a workout, consider replacing your electrolytes with foods like chia seeds, kale, coconut, or fruits and vegetables.
- **Listen to your body.** If you're feeling dizzy, faint or nauseous, stop exercising immediately. Sit in the shade and drink water until you're feeling better.

Your body may need to adapt to outdoor workouts, so follow its lead and gradually pick up the pace or intensity. As always, talk to your doctor before you start a new exercise regimen.

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## ADDITIONAL RESOURCES:

Click the links below to learn more!

[Benefits of Being Outdoors](#)

[Get Inspired for Grilling Season](#)

[Add Color with Fruits & Veggies](#)



## MARK YOUR CALENDAR!

## WALKING FOR WELLNESS

Want to connect with other team members during a break-time walk?

[CLICK HERE](#) to learn more and sign up!

## WE WANT TO HEAR FROM YOU!

The Wellness Committee values your opinions and ideas.

To contact us, send an email to: [wellness@hospiceofthepiedmont.org](mailto:wellness@hospiceofthepiedmont.org)

## Financial Wellness Events

- **Financial Check-in with Braxton Towery:**  
June 27 & 28 (High Point)  
July 5 & 6 (Asheboro)
- **Lunch & Learn:**  
Budgeting & Saving for Retirement  
Friday, July 21

**HOSPICE**  
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