

Tulare County Employee Wellness Program

November 2015

“Men’s Health—Cancer Awareness”



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>SHAVE THE DATE FOR MOVEMBER CHALLENGE</p> 	<p>2</p> <p><u>CDC: Learn More About PSA Screening</u> What are the risk factors for Prostate Cancer? View the article by clicking on the following link: Prostate Cancer Risk Factors</p>	<p>3</p> <p><u>Weight Watchers - Week 11</u> <i>Visalia District Office</i> 12:00 PM—1:00 PM</p>	<p>4</p>	<p>5</p> <p><u>Weight Watchers - Week 11</u> <i>HR&D</i> 12:00 PM—1:00 PM & 5:30 PM—6:30 PM</p>	<p>6</p>	<p>7</p>
<p>8</p>	<p>9</p> <p><u>CDC: Learn More About PSA Screening</u> What are the symptoms of prostate cancer? View the article, by clicking on the following link: Symptoms of Prostate Cancer</p>	<p>10</p> <p><u>Weight Watchers - Week 12</u> <i>Visalia District Office</i> 12:00 PM—1:00 PM</p>	<p>11</p> <p>County Holiday!  VETERAN'S DAY</p>	<p>12</p> <p><u>Weight Watchers - Week 12</u> <i>HR&D</i> 12:00 PM—1:00 PM & 5:30 PM—6:30 PM</p>	<p>13</p>	<p>14</p>
<p>15</p>	<p>16</p> <p><u>CDC: Learn More About PSA Screening</u> Should you get your PSA Screening? View the flyer by clicking on the following link: PSA Screening - Take Time to Decide</p>	<p>17</p> <p><u>WEBINAR</u> “Stick With It” 9:00 AM or 11:00 AM See page 2 for more information</p>	<p>18</p>	<p>19</p> <p> Stop Testicular Cancer early. Click on the link below for more information. TSE Information</p>	<p>20</p>	<p>21</p>
<p>22</p>	<p>23</p> <p><u>CDC: Learn More About PSA Screening</u> What screening tests are there for prostate cancer? View the article by clicking on the following link: Screening Tests for Prostate</p>	<p>24</p>	<p>25</p>	<p>26</p> <p>County Holiday!  Thanksgiving</p>	<p>27</p> <p>County Holiday! </p>	<p>28</p>
<p>29</p>	<p>30</p>	<p>December 1</p> <p>SUBMIT YOUR BEFORE AND AFTER SELFIE (PICTURE) TO OEHEALTH@CO.TULARE.CA.US</p>	<p>MOVEMBER CHALLENGE The Board of Supervisors will judge the best Movember Moustache  See page 3</p>		<p>2014 Movember Challenge Winners  Jose Ruiz-Salas  Harry Hensel</p>	



ROUTINE HEALTH MAINTENANCE FOR MEN



Some say men take better care of their cars than they do themselves. But at least a car comes with an owner's manual telling you when service is due.

Few health maintenance issues are as predictable as tire rotations and oil changes. But attention to just a few basic health issues can go a long way.

1. Know Your Cholesterol Levels

The No. 1 killer of men today is cardiovascular disease, and high cholesterol is a major preventable risk factor.

2. Check Your Blood Pressure

Don't expect to feel symptoms of high blood pressure. Until hypertension's daily pounding of your arteries has damaged your body, you won't notice a thing. Call your primary care doctor, or just walk in to your neighborhood fire station -- no appointment necessary.

3. Refresh Your Refrigerator

It's not coincidence that both the American Heart Association and the American Cancer Society continually advise, "eat your vegetables (and fruits, too)."

4. Step on the Scale

Obesity is linked to higher rates of diabetes, heart disease, stroke, and many kinds of cancer. Make small changes that you can sustain over time and build on your successes.

5. Get Screened for Colorectal Cancer

Unlike many other forms of cancer, colorectal cancer typically grows for years before spreading. If caught early, it can be cured.

6. Learn About Prostate Cancer Screening

The American Cancer Society says men, starting at age 50, should talk to their doctors about the benefits, risks, and limitations of prostate cancer.

7. Get a Flu Shot

Influenza is still one of the leading preventable causes of death in the U.S.

8. Get to Know Your Doctor

Visiting the doctor may sometimes feel like an unproductive, stressful hassle. But routine doctor appointments may also save your life down the road. Is your health worth it?

WEBINAR

"Stick With It"

Using strategies from the Mayo Clinic, discover the unrealistic expectations that could be impacting your ability to stick with positive change.

Date: November 17, 2015

Time: 9:00 AM or 11:00 AM

To register, go to www.anthemep.com and log in as a member, using the code, **County of Tulare**. Sign up by going to Online Seminars on the right side of the landing page.





Men's Health – Cancer Awareness Month **MOVEMBER CHALLENGE**

1

SHAVE THE DATE
"NOVEMBER 1ST"
START WITH A CLEAN SHAVEN
FACE.

2

FOR THE ENTIRE MONTH OF
MOVEMBER YOU MUST **GROW**
AND GROOM A MOUSTACHE.

3

DON'T FAKE IT. NO BEARDS, NO
GOATEES, NO FAKE MOUSTACHES.

4

USE THE POWER OF THE MOUSTACHE TO
CREATE CONVERSATIONS ABOUT MEN'S
HEALTH AND TO RAISE AWARENESS TO
PROSTATE CANCER, TESTICULAR CANCER,
AND MENTAL HEALTH.

5

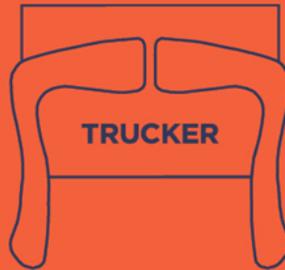
THE BOARD OF SUPERVISORS WILL
JUDGE THE BEST
MOVEMBER MOUSTACHE!



SUBMIT A BEFORE AND AFTER SELFIE (PICTURE) TO
OEHEALTH@CO.TULARE.CA.US BY **DECEMBER 1ST.**

MADE IN MOVEMBER STYLE GUIDE

LOCALLY GROWN STYLES



MOVEMBER.COM

