

WTNS Radio OSU Extension Update for June 19, 2023
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about men's health, and as always look at some upcoming programs from OSU Extension.

This weekend marks the conclusion of Men's Health Week. As healthcare advances, we are learning more about how specific health issues affect people of different ethnic backgrounds. We are also seeing how habits and diagnoses differ between men and women.

Here are some facts:

- 1 in 2 men will develop cancer, compared to 1 in 3 women.
- Men have a higher death rate for most leading causes of death including cancer, heart disease, diabetes, and suicide.
- On average men live about 6 years less than women.
- Men make half as many prevention visits to the doctor as women, and it is estimated that 63% of men of color are not getting regular health screenings.
- Men are more likely to be uninsured than women.
- Approximately 30,000 men in the US die each year from prostate cancer.

Men's health really is a family issue, because it can impact everyone around the men in our lives. Just like everything else, it is the daily habits we practice that make the difference over a lifetime. Here are some reminders and tips.

Eat Healthy: We have many opportunities for choices about what we will eat during the day. What is the one thing you know could make the biggest difference for you? Is it calories from beverages? Then aim to increase water consumption by drinking at least 32 oz. of water a day. Increase the amount of water each week. Or maybe it is eating a healthy breakfast. Plan out what to have for breakfast for a week at a time and be sure to include protein and fruit.

Get Moving: What activities do you enjoy? It is more fun to be active when it is something you like or with people you like. Play with your kids or grandkids. Tackle a home improvement project or some yard work. Take a walk every day that matches your abilities, whether that is a

3-mile loop around the neighborhood or a trip to the mailbox and back. There are 168 hours in a week. Aim to get 2.5 hours of physical activity and 50 hours of sleep each week.

Make Prevention a Priority: Do you have a primary care physician? Schedule yearly checkups and regular health screenings with your doctor or local health department. Monthly testicular self-exams are important for the early detection of testicular cancer. Diabetes screenings should begin at age 40 and colon cancer screenings should begin at age 45.

Stop Smoking: According to smokefree.gov, there are many benefits to quitting smoking. These include the ones we hear often like decreased heart disease risk, lower cholesterol, and healthier lungs. Here are a few other benefits. Quitting smoking can re-wire your brain and help break the cycle of addiction. The large number of nicotine receptors in your brain will return to normal levels after about a month of being quit. Hearing and vision both improve when someone stops smoking. Quitting can lower chances of erectile dysfunction. Because oxygen in the blood increases, this leads to stronger muscles and reduces the risk of bone fractures.

To all the special men in our lives, this is not meant to nag or to make you feel guilty. It is a reminder that we care about you and want the very best for your health and wellbeing. To fathers, uncles, brothers, coaches, teachers, and many other men who make our community a wonderful place to live.

And now let's look at some upcoming programs from OSU Extension. OSU Extension and Coshocton Regional Medical Center will once again be offering Dining with Diabetes. This is a cooking school and nutrition education program designed for people with diabetes and their family members or caregivers.

Dining with Diabetes will be held on four Monday evenings in July from 5:30-7:30 pm. The cost of the program is \$20 per person. You are also encouraged to register a support person to attend with you for an additional \$10. Paid registration is required by July 5. There are only 9 registration openings remaining. To register visit coshocton.osu.edu.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!