

Fortunately, most men's health screenings are simple and quick. Here are six to add to your preventive care plan now:

Blood Pressure Test

A blood pressure screening is one of the easiest, most painless things you can do for your health. It's so simple, in fact, there is just no excuse not to do it. You often don't even need to go to the doctor. Many pharmacies have machines that can check your blood pressure and most companies have employee wellness days where blood pressure is screened.

Cholesterol Test

A cholesterol check is also simple and vital to overall heart health as you age. Measured with a simple blood test, cholesterol screenings for men's health are recommended every five years. You may need them more often, however, if you are over age 45, at high risk for heart disease, or have high levels of "bad" LDL cholesterol or low levels of "good" HDL cholesterol.



Prostate Cancer Screening

The primary method of screening is the PSA (prostate specific antigen) test, which measures the level of PSA in your blood. Optimal levels are usually considered to be under 4 ng/mL (nanograms per milliliter).

Colon Cancer Screening

There are several testing options for colon cancer. A colonoscopy, for example, involves checking the entire colon with a camera on a flexible tube. A flexible sigmoidoscopy is similar but checks just the lower third of the colon. A CT colonography is a less invasive test that examines the colon using computerized tomography, or a CT scan.



Diabetes Test

Uncontrolled diabetes can lead to heart disease and stroke, kidney disease, blindness from damage to the blood vessels of the retina, nerve damage, and impotence. If your family has a history of diabetes, consult with your doctor to see how often you should be tested. If you show some of the symptoms of diabetes, your doctor will probably check you with a blood test known as a fasting plasma glucose test.

Body Mass Index (BMI)

Carrying excess body weight (fat), is a risk factor for many chronic conditions and does increase your chances of having a fatal condition such as a heart attack. Get your BMI screened to ensure that you are at the right weight for your body.

HIV

It goes without saying that you need to know your status. An HIV test is quick and will be accompanied by counseling should your result test positive or negative.

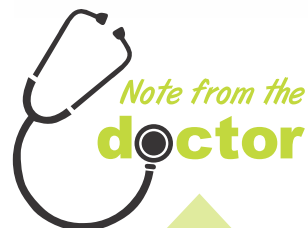
Don't let fear keep you from these important checks. When diseases are picked up early, they are easier to treat and respond better to treatment.

Newsletter June 2015

*I may have epilepsy,
but epilepsy does not have me - anon*

This month we focus on:

- Epilepsy
- Men's Health



Why do men refuse to go for a test? There is a recognised natural resistance for men to not go for medical tests. This can impact on lives!

There are certain tests men must undertake:

1. HIV test
2. Colonoscopy at age 50
3. An annual checkup with your Doctor which includes blood pressure, glucose a urine test and an examination.

Modern medicine is based on preventative care, we can now detect disease early and

either prevent it or treat it. There is no reason for men to die early from HIV, heart disease, strokes and many preventable cancers.

Having a clinic at your workplace is a wonderful service that must be taken advantage of.

Use your clinic service, please! Don't be resistant to having medical tests.

Dr. RB Malkin

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Epilepsy

National Epilepsy Week aims to raise awareness about epilepsy and gather support for people with epilepsy. Epilepsy is a condition in which a person experiences recurrent seizures. Also referred to as 'fits', seizures are caused by a sudden increase of excess electrical activity within the brain. An increase in electrical activity within the brain is known as 'epileptic activity'. Excess electrical activity interferes with the normal function of the brain causing a temporary interruption of messages, which pass between brain cells.



As the brain controls all of the bodily functions, how epilepsy affects the body will depend on the electrical signals being disrupted. The area of the body affected by epilepsy and how widespread it is, will vary from person to person; the way people experience epilepsy is unique. Epilepsy is diagnosed after a person has experienced at least two seizures.

Seizures are classified based on the part of the brain where the disruptive excess electrical activity occurs.

Focal seizures occur in specific parts of the brain.
Generalised seizures can affect both hemispheres (both sides of the brain).

National Epilepsy Week is celebrated annually to raise awareness about epilepsy, a neurological condition characterised by unusual electrical activity in the brain. This year, National Epilepsy Week will be celebrated from 17 – 23 June.

There are a number of myths and social stigmas associated with the condition. The goal of National Epilepsy Week, apart from raising awareness about epilepsy, is to dispel these myths and stigmas.

The myth: Epilepsy is a form of spiritual possession.

The truth: Although most people have long recognised that epilepsy is not a form of possession, some cultures still believe this. Epilepsy organisations are working hard to educate all people that epilepsy is a medical condition, a disorder of the brain that causes sufferers to have recurrent seizures.

The myth: Epilepsy is contagious.

The truth: Epilepsy is not contagious and cannot be "caught" by coming into contact with someone who has seizures, just as diabetes or high blood pressure are not contagious.

The myth: You are born with epilepsy. The cause is genetic.

The truth: Anyone can develop epilepsy at any time. Some people are born with it, whereas others have their very first seizure in middle age. While genetics can be a factor, there are other more common causes of epilepsy, such as head trauma, brain tumour or lesion and stroke. In most cases, about 65 to 70 percent, the cause of epilepsy is not known.

The myth: Epilepsy affects intelligence.

The truth: People with epilepsy on average have the same level of intelligence as those without epilepsy. Learning can be made more difficult if seizures are frequent, or if medication has very pronounced side effects, such as causing drowsiness and excessive fatigue. However, epilepsy typically does not cause lower intelligence.



The myth: People with epilepsy can't work, excel at school, have children or lead normal lives.

The truth: You've probably guessed by now that having epilepsy doesn't preclude someone from doing well at school, excelling in the workplace, having a family and leading a busy life. Epilepsy is a medical condition that can be managed and therefore people with epilepsy can often lead normal lives.

The myth: There is one type of seizure – a convulsion.

The truth: In fact, there are more than 40 different types of seizures, and a convulsion is not the most common kind. Seizures can take many forms including a blank stare, involuntary movement, altered consciousness, a change in sensation or a convulsion.

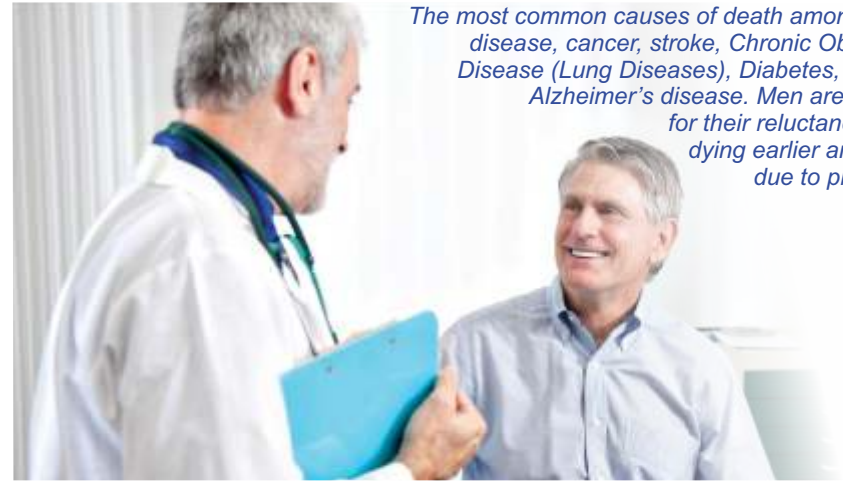
The myth: During a seizure, you can swallow your tongue.

The truth: it is impossible for someone to swallow his or her tongue during a seizure.

The myth: Seizures are always medical emergencies and you should call 911.

The truth: Actually, seizures are most often not medical emergencies and an ambulance is not always required. You should call 911, however, if a seizure lasts five minutes or longer or repeats one after another without the person regaining consciousness in-between; it is someone's first seizure; the person is injured during the seizure (through a fall, for example); the seizure happens in water; or the person is pregnant or has diabetes.

June is Men's Health Month!



The most common causes of death among men include heart disease, cancer, stroke, Chronic Obstructive Pulmonary Disease (Lung Diseases), Diabetes, Kidney Disease and Alzheimer's disease. Men are paying a huge price for their reluctance to be health wise; dying earlier and suffering far more due to preventable diseases.

The purpose of Men's Health month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. There are many things men can do to become more proactive with their health and decrease their risks to certain health disparities.

When it comes to men and healthcare, numbers don't lie. Compared to women, men are 24 percent less likely to visit their doctors in any given year and 22 percent less likely to get their cholesterol checked. They are also less willing to be screened for cancer, despite the fact that their cancer mortality rates are higher.

Most men do not get their health screened due to a number of reasons such as:

Fear: They are afraid that something might be wrong with them.

They feel that they are simply too busy.

Men don't tend to be as tuned in to their bodies, so they don't notice small telltale signs that things are improper and just figure any changes can be blamed on age.

The problem is that skipping routine tests for men's health can often be a matter of life and death. Screenings are important because they help detect disease early.