

Happy Friday Friends!

There are three primary men in my life, so it seems fitting that their health and well-being is swirling in my mind as we prepare for Men's Health Week next week.

There's my "baby" brother.



He's a 6'5 GI Joe who loves serving his country.

He also has Factor V Leiden (impacting his bloods clotting ability) and is on Coumadin for life.

Not a great combination when the military wants to send you into the field.

He's also a major softie when it comes to his nieces when they look up with those big blue eyes and say "Uncle Ding Dong, PLLEEEAAASEEE."



There's my handsome half.

He turned 40 last Thursday. *(He's a Man! He's 40!)*

He's in good health and is physically active at work.

He goes to the doctor when I subtly suggest it. *(As much as a redhead can be subtle.)*

Still, his personal and family history means it's even more important to be sure he pays attention to his health and screening needs.

Finally, there's my dad.

You've (likely) heard his story from me before...

He's John Wayne, Bill Clinton and Gary England all rolled into one.

He's got John Wayne's courage and stature, Bill Clinton's presence and Gary England's reassurance in a crisis.

And the crisis is back for a 3rd time.

Colon cancer doesn't give up without a hard fight.

Thankfully, *neither does he.*

So, as we look ahead to Men's Health Week, I have to thank those clinicians who care for the men I love.

And I have to thank [Blue Cross Blue Shield](#) for making this week's update easy.



Men and Good Health *Can* Go Together

For all the talk these days about staying fit, men still lag behind women in healthy lifestyle habits.

So what can men do to get and stay healthy?

First, we have to know what their biggest health challenges are.

So what puts men at risk?

The CDC says the five top causes of death in men are heart disease, cancer, unintentional injury, lung disease and stroke.

Heart disease and cancer each cause about 25% of deaths.

Unintentional injury, lung disease and stroke rank between 4 and 6 percent.

Establishing Healthy Habits

Heart disease is the Number One killer of American men.

Therefore, it's important to know what you can do to lower your risk for heart disease.

The most common cancers for men are prostate, lung, skin and colorectal.

It's important to get regular cancer screenings.

Physicians need to be consulting with all their patients regarding the recommended health screenings, *but especially men.* (emphasis mine)

There are lifestyle choices that men can make to improve their heart health *and* lower their cancer risk.

And men *WILL* listen to your advice, when given in a way that gives them a game plan and control.

- Don't smoke, and avoid secondhand smoke. It can be as bad as smoking itself.
- Get enough sleep.
- Exercise regularly and eat a healthy diet with plenty of fresh vegetables and fruit.
- Maintain a healthy weight.
- Manage blood pressure, blood sugar and cholesterol levels.
- Manage stress.

Men have heard all these tips before, but there is a big difference between knowing and doing.

Men need to be encouraged to take action to improve and manage their health.

They need to know we are on their team.

CME, Educational & Research Opportunities

News Stories

[F.D.A. Imposes Rules for E-Cigarettes in a Landmark Move](#) -- The FDA issued sweeping new rules that for the first time extend federal regulatory authority to e-cigarettes, banning their sale to anyone under 18 and requiring that adults under the age of 26 show a photo identification to buy them.

[E-cigarette poisonings in kids skyrocket](#) -- The number of children under 6 poisoned by nicotine in e-cigarettes rose by nearly 1,500% between 2013 and 2015.

Eufaula's Only Hospital Closes: In the wake of a statewide healthcare budget crisis, another hospital closes its doors. The shutdown of Eufaula's only hospital will affect those who need emergency care. These signs along Highway 69 in Eufaula no longer point to the Epic Medical Center Hospital. Rejecting federal funds to expand health coverage to the low-income uninsured is devastating Oklahoma's rural hospitals [[OK Policy](#)].

Free CME & Training Opportunities

[The Smoking Cessation Leadership Center \(SCLC\)](#) is excited to announce our latest webinar recordings, eligible for continuing education credit for physicians and allied health professionals*: ***"Beyond The Basics: Pharmacotherapy for Smoking Cessation"***

This recording, plus 15 others, are accessible from their website. Feel free to complete more than one course. Each online course is designated with **1.5 AMA PRA Category 1 Credits™**, with one exception. Follow instructions on this link to register: <http://smokingcessationleadership.ucsf.edu/Webinars/cme>

Remember...

Every year, more than 300,000 men lose their lives to cancer.

And another 300,000 die from heart disease.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."

– Congressman Bill Richardson

To the Men in our lives...
Husbands and Fathers. Brothers and Sons...
Patients. Co-workers. Friends...

Your health is important to us.
Just as you are important to us.

Until next week,

Oklahoma Strategic Tribal Alliance for Health (OSTAH)
Margie Burkhart
Cherokee Nation Healthy Nation



Oklahoma Hospital Association (OHA)
Jennifer W. Roysdon
Hospitals Helping Patients Quit



“There is no clinical treatment available today that can reduce illness, prevent death, and increase quality of life more than effective tobacco treatment interventions.”

-Treating Tobacco Use and Dependence, US Public Health Service, US Dept. of Health and Human Services