



MARINE CORPS LOGISTICS COMMAND

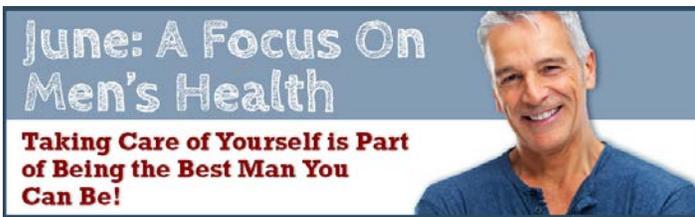


JUNE 2016

Health & Wellness

Month in Review

The Military Health System and the Defense Health Agency advocate for the month of June as Men's Health month. According to them, getting the most out of life requires a commitment to attitudes that foster healthy lifestyle choices. While men and women have many of the same health concerns, men may be affected differently than women. In addition, there are some conditions which are unique to men. Familiarity with men's health issues, regular screenings and prevention are keys to maintaining good physical wellness. Some of the common medical issues men should be aware of include **heart disease**, **prostate cancer** and **colon cancer**.



Heart disease is one of the leading causes of death for men in the United States. The most common type of heart disease in the United States is coronary artery disease (CAD). CAD is a narrowing of the small blood vessels that supply blood and oxygen to the heart. Chest pain is a classic male heart attack symptom which may last for more than a few minutes or, it can come and go. Other signs to be aware of include discomfort or pain in other areas, such as one or both arms, the back, neck or jaw; shortness of breath, lightheadedness, nausea or sweating; abdominal discomfort that may feel like indigestion. **Prostate Cancer** is of the gland below a man's bladder that produces fluid for semen. Prostate cancer is rare in men younger than 40. Risk factors for developing prostate cancer include being over 65 years of age, family history, being African-American and some genetic changes. Symptoms may include problems passing urine, such as pain, difficulty starting or stopping the stream, or dribbling; lower back pain and pain relating to ejaculation. **Colon Cancer** is of the colon or rectum and is also called colorectal cancer. In the United States, it is the fourth most common cancer in men and women. Caught early, it is often curable. Colon cancer is more common in people over 50, and the risk increases with age. A person is also more likely to get it if they have Polyps - growths inside the colon and rectum that may become cancerous; a diet that is high in fat; a family history or personal history of colorectal cancer or ulcerative colitis/Crohn's disease.

To learn more about this or many other topics relating to Men's Health, please visit: <http://www.health.mil/Military-Health-Topics/Operation-Live-Well/Preventive-Health/Mens-Health>

Looking Forward

For the month of July, let's take a moment and spotlight safety as it affects our health and wellness. Heat waves have moved across the country in the past few weeks, and now that your kids are out of school for the summer, it's probably a good time to remind them how to make it through the day outside of the serenity of an air-conditioned house. And since the Fourth of July is around the corner, it's also a good time for a little fireworks safety refresher course.

Surviving High Heat:

- Dress for the heat – wear breathable fabrics, like cotton, as well as hats and sunglasses that can protect your face and eyes from harmful rays.
- Hydrate! Always make sure your kids have lots of water. Make sure they have plenty!
- Keep an eye out for heat advisories and try to plan outdoor activities around the hottest parts of the day (between noon and 4 p.m.). Find shade when you can.
- This one is pretty obvious, but it always needs to be said: NEVER leave your children unattended in a car. Heat can kill very quickly.
- If your kids are excessively sweating, seem weak, dizzy, have clammy skin, muscle cramps, get nauseous or faint, they might have heat exhaustion. Get them into a cool area and, if needed, get the help of a doctor.
- Sunscreen: Ultraviolet rays can damage skin within 15 minutes, so make sure you put a broad-spectrum sunscreen of SPF 15 or higher on your children about 10-15 minutes before they go outside so it has time to properly soak in.

Fireworks:

There's no holiday that's more synonymous with fireworks than the Fourth of July, and it's coming up quickly. Here are some tips that could prevent injury and even save lives:



- Don't allow your kids access to the fireworks.
 - If you allow them sparklers, make sure you monitor them.
 - Never put any body part directly over a firework device after lighting the fuse, and make sure you back up immediately.
 - Keep a water source handy (like a filled bucket) in case something goes wrong.
 - Don't ever point or throw fireworks at another person.
 - Don't ever try to relight duds!
 - Once they're done burning, douse fireworks in water before throwing them out so you don't cause a trash fire.
 - Be sure to know what is legal in your state, too. A few states only allow sparklers, while some have bans on all consumer fireworks.
- <http://www.health.mil/News/Articles/2016/06/28/Summer-safety-Heat-and-fireworks>