



MARINE CORPS LOGISTICS COMMAND

June 2014



Health & Wellness

Month in Review:

According to the Wellness Council of America (WELCOA), among other things, June is dedicated as Men's Health Month. Anchored by a Congressional health education program, Men's Health Month is celebrated across the country with screenings, health fairs, media appearances, and other health education and outreach activities.

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. Alarming statistics show that men's health is at great risk. On average, men die almost 6 years younger than women and suffer higher mortality rates for the top causes of death. The lives of hundreds of thousands of men will continue to be threatened unless immediate action is taken to combat this growing crisis. Research shows that:

- Men do not see physicians for a physical exam nearly as often as women
- Men are dying of the top causes of death at higher rates than women
- Men are more likely to be uninsured than women and approximately 30,000 men in the US die each year from prostate cancer

This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with thousands of awareness activities in the USA and around the globe. Please see the link below to several free downloadable flyers and information that can be posted in your areas.

Find events in your area by checking the Men's Health Calendar at: www.menshealthnetwork.org



June is Men's Health Month

Give Dad the Gift of Good Health on Father's Day

Article provided by Christopher Shaw
Command Safety Specialist/H&W Program Manager 639-7822

Looking Forward:

As we remember everyone who made the ultimate sacrifice for our freedom, please take a moment to also thank those around you who serve or have served in the past. Their patriotism and bravery are what allow us the opportunity to celebrate this nation and our freedom.



In keeping with the age old tradition of celebrating this Country's freedom with grilling, fireworks, friends, and family, the Wellness Council of America and Prevent Blindness.org have identified the month of **July** as Fireworks Safety Month. As you can imagine, there are many unintended health affects as the result of careless accidents during this time every year.

According to the Consumer Product Safety Commission, fireworks are synonymous with our celebration of Independence Day. Yet, the thrill of fireworks can also bring pain. 200 people on average go the emergency room every day with fireworks-related injuries in the month around the July 4th holiday. It is important to remember that fireworks can be dangerous, causing serious burn and eye injuries, but you can help prevent fireworks-related injuries and deaths.

Follow these safety tips when using fireworks:

- Never allow young children to play with or ignite fireworks.
- Avoid buying fireworks that are packaged in brown paper because this is often a sign that the fireworks were made for professional displays and that they could pose a danger to consumers.
- Always have an adult supervise fireworks activities. Parents don't realize that young children can suffer injuries from sparklers, which burn at temperatures of about 2,000 degrees, which is hot enough to melt some metals.
- Never place any part of your body directly over a fireworks device when lighting the fuse. Back up to a safe distance immediately after lighting fireworks.
- Never try to re-light or pick up fireworks that have not ignited fully.
- Never point or throw fireworks at another person.
- Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- Light fireworks one at a time, then move back quickly.
- Never carry fireworks in a pocket or shoot them off in metal or glass containers.
- After fireworks complete their burning, douse the spent device with plenty of water from a bucket or hose before discarding it to prevent a trash fire.
- Make sure fireworks are legal in your area before buying or using them.