



MARINE CORPS LOGISTICS COMMAND



May 2014

Health & Wellness

Month in Review:

According to the US Department of Health and Human Services, May is National Physical Fitness and Sports month. People of all ages and body types can benefit from regular physical activity. National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active. There are many benefits of physical activity, but here are just a few that you might be interested to know:



Children and adolescents – Physical activity can improve muscular fitness, bone and heart health.

Adults – Physical activity can lower risk for heart disease, type 2 diabetes, and some types of cancer.

Older adults – Physical activity can lower the risk of falls and improve cognitive functioning (like learning and judgment skills). Communities, health professionals, and families can work together to create opportunities for everyone to get more physical activity.

Make a difference: Spread the word about fun ways to get moving!

For more information, visit: <http://www.fitness.gov/>



As you can see, May is also Melanoma Skin Cancer Awareness Month. Skin cancer is the most common type of cancer in the United States.

Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV radiation can also come from tanning booths or sunlamps. The most dangerous kind of skin cancer is called melanoma.

The good news? Skin cancer can almost always be cured when it's found and treated early. Communities, health professionals, and families can work together to prevent skin cancer or detect it early on.

Make a difference: Spread the word about strategies for preventing skin cancer and encourage communities, organizations, families, and individuals to get involved.

Here are few simple steps to help protect your skin:

- Stay out of the sun between 10 a.m. and 4 p.m.
- Use sunscreen with SPF 15 or higher.
- Cover up with long sleeves and a hat.
- Check your skin regularly for changes.

For more information on skin cancer, visit: www.healthfinder.gov and/or www.aad.org

Looking Forward:

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