

# Road to **WELLfluent**<sup>TM</sup>

Embrace better health

## MAN UP: JUNE IS MEN'S HEALTH MONTH

Even in the face of better, more accessible detection and prevention programs, we need men to recognize and adopt healthier lifestyles, which is why Men's Health Week was established over 20 years ago.

But men's health is tricky. From a very early age, men are conditioned to "man up" and "stick it out" in any number of situations, health-related and otherwise. The aches and pains and lumps and bumps that may be the first signs of a medical emergency are often ignored or regarded as something to soldier through. Because it will all go away eventually, right?

"Since childhood, boys have been told 'big boys don't cry,' so men tend to put feelings aside and not express themselves," says advocate Ana Fadich. "That can lead to several health problems."

However, as vice president of the Men's Health Network, Fadich goes well beyond simple advocacy. June is Men's Health Month, and Men's Health Week runs from the 12th until Father's Day on the 18th. For Fadich and her staff, it is crunch-time. From Twitter chats to sports events, Fadich aims to inform men in all the places where they "live, work, play, and pray" that they are not invulnerable, and that for the sake of their families, to take the initiative to maintain their own good health. This includes screening for a number of cancers, some of which men might not even know about and others that are uncomfortable for men to even think about.

From skin cancer to testicular cancer and all the way to colon cancer, men need to see their doctor for a preventive care or annual wellness visit every year. During that visit, take the time to discuss what screenings are right for you



based on your age, health conditions and family history.

Men can also do testicular self-exams while showering.

•"According to Fadich."Feel around and test if there are any lumps, and if there are, go to your doctor and talk about it. For more information about testicular self-exam, go to [www.testicularcancer.org](http://www.testicularcancer.org). The irony is that all these cancers have several obvious symptoms in their early stages when they are most easily and successfully treated, but are either not recognized or not diagnosed in time. Which is why preventive screening is so important.

We were seeing that there were a lot of women's health movements, a lot of programs geared toward women getting their mammograms, making sure they were getting proper nutrition, getting pap smears," she continues. "And men just didn't seem to have that, and men were perfectly fine with it because it meant they didn't have to go to the doctor."

But men do have to go to the doctor. It was because of that urgency that Men's Health Week was established in 1994. Far from being restricted to just cancer, it is a time when all the medical conditions affecting men should be on the table and up for discussion, however uncomfortable the discussion may be.

Lastly, let's remove the stigma around mental health. While incidents of mental health tend to be lower in men than women, they are also less likely to seek treatment, according to the National Institute of Mental Health. Mental health is as important as physical health and should not be ignored. Reducing stress, dealing with trauma, and working through life events are all important and no one has to do it alone — including men. Break the taboo by having open conversations about mental health with the men in your life.

**SOURCE:** [www.nfcr.org/blog/5-ways-to-celebrate-mens-health-week-2021/?gclid=CjwKCAjwzuqgBhAcEiwAdj5dRgTBsNuljIEFFQnWXMMMaf-Ns9H-GrCQrfgdPu6aeyQ9FawnlymOxoCTQQQAvD\\_BwE](http://www.nfcr.org/blog/5-ways-to-celebrate-mens-health-week-2021/?gclid=CjwKCAjwzuqgBhAcEiwAdj5dRgTBsNuljIEFFQnWXMMMaf-Ns9H-GrCQrfgdPu6aeyQ9FawnlymOxoCTQQQAvD_BwE)

## Family Health and Fitness Day June 10, 2023

Celebrated the second Saturday in June each year, this special day promotes the importance of parks and recreation in keeping communities healthy and active. Here are a few ways you can celebrate:

- Take a walk in the park
- Go outside and play a family sport
- Go for a bike ride with the family
- Have a healthy family picnic
- Enroll in a virtual fitness program

Family Health & Fitness Day is an opportunity for everyone to get out and discover all the health benefits provided by their local parks and recreation department.

To learn more about Family Health & Fitness Day, visit: [www.nrpa.org](http://www.nrpa.org)

## Give Dad The Gift of Wellness This Father's Day

The summer season is upon us, and with the warmer weather comes outdoor adventure, workouts in the sun, barbecues, and of course, celebrating the fathers in your life. We have curated a collection of 15 gifts for the dads in your life — particularly the ones who are focused on health and wellness! Whether it's your own dad, the father of your children, or simply a father figure you love and appreciate, these pieces will support great habits to contribute to a healthier, happier life. **Visit:** [www.fitonapp.com/wellness/wellness-inspired-fathers-day-gift-guide/](http://www.fitonapp.com/wellness/wellness-inspired-fathers-day-gift-guide/)



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**Get Started:** Log in to your Member Portal at [AvMed.org/Login](https://AvMed.org/Login) and click Health and Wellness.

<sup>1</sup> \$28 enrollment fee waived for standard gyms only 4/1/23 12:01 a.m. - 6/30/23 11:59 p.m. PT. Monthly fees are subject to applicable taxes.

<sup>2</sup> Add a spouse/domestic partner to a primary membership for additional monthly fees. Spouses/domestic partners must be 18 years or older. Fees may vary based on fitness center selection.

<sup>3</sup> Costs for premium exercise studios exceed \$28/mo. and an enrollment fee will apply for each premium location selected, plus applicable taxes. Fees vary based on premium fitness studios selected.

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