



**NEWS FROM THE OFFICE OF
ULSTER COUNTY EXECUTIVE MIKE HEIN**



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**COUNTY EXECUTIVE PROCLAIMS JUNE “MEN’S HEALTH AWARENESS
MONTH” IN ULSTER COUNTY**

County Executive and the Ulster County Department of Health Join With the American Cancer Society and the American Heart Association in Encouraging Men to Get the Regular Check-Ups and Screenings That Can Save Their Lives

Kingston, NY - To help encourage men to seek healthier lifestyles and make the all-important preventative health care decisions that could save their lives, Ulster County Executive Michael Hein has proclaimed the month of June to be “Men’s Health Awareness Month” in Ulster County. The observance of “Men’s Health Month” is part of the County Executive’s overall goal of making Ulster County the healthiest county in New York State.

Fully half of the diseases that afflict and kill men are either preventable or treatable if detected early, yet, according to the Centers for Disease Control (CDC), men are half as likely as women to visit the doctor for the annual visits and preventative services that could save their lives. As a result, men on average now die six years earlier than women, a six fold increase from the one year difference recorded in the 1920’s.

“Through strategic partnerships and effective public health awareness and education programs, my administration is committed making Ulster County the healthiest county in New York,” said County Executive Hein. “Men comprise nearly half of our resident population. In order to reach our goal, we need men to get involved and make the choices that will help them live longer and healthier lives.”

Dr. La Mar Hasbrouck of the Ulster County Department of Health added, “It is easy to ignore minor health issues, but the longer they go untreated the more likely they can develop into major problems. Stay on schedule with preventative screening exams by visiting your doctor regularly.”

Dr. Debra Karnasiewicz, Special Advisor to the County Executive for “Healthy Ulster,” said, “We need to get our community moving, making healthy food choices and being proactive about

health. We need to create a culture that encourages, supports and rewards healthy choices. The goal is to promote healthier families, a healthier community and a healthier Ulster County; in fact, to make Ulster County the healthiest in New York State."

The Centers for Disease Control Recommends the Following Steps that Men Can Take to Achieve Healthier and Longer Lives:

Get Routine Exams and Screenings

Based on your age, health history, lifestyle, and other important issues, you and your health care provider should determine how often you need to be examined and screened for certain diseases and conditions. These include high blood pressure, high cholesterol, diabetes, sexually transmitted diseases, and cancers of the skin, prostate, and colon. When problems are found early, your chances for treatment and cure are better. Routine exams and screenings can help save lives.

Eat Healthy

"An apple a day keeps the doctor away." There's more truth to this saying than we once thought. What you eat and drink and what you don't eat and drink can definitely make a difference to your health. Eating five or more servings of fruits and vegetables a day and less saturated fat can help improve your health and may reduce the risk of cancer and other chronic diseases. Have a balanced diet, and watch how much you eat.

Maintain a Healthy Weight

Obesity is at an all time high in the United States, and the epidemic may be getting worse. Those who are overweight or obese have increased risks for diseases and conditions such as diabetes, high blood pressure, heart disease, and stroke. Eat better, get regular exercise, and see your health care provider about any health concerns to make sure you are on the right track to staying healthy.

Get Moving

More than 50 percent of Americans do not get enough physical activity to provide health benefits. For adults, thirty minutes of moderate physical activity on most, preferably all, days of the week is recommended. It doesn't take a lot of time or money, but it does take commitment. Start slowly, work up to a satisfactory level, and don't overdo it. You can develop one routine, or you can do something different every day. Find fun ways to stay in shape and feel good, such as dancing, gardening, cutting the grass, swimming, walking, or jogging.

Be Smoke-Free

Health concerns associated with smoking include cancer and lung disease. Smoking triples the

risk of dying from heart disease among those who are middle-aged. Second-hand smoke - smoke that you inhale when others smoke - also affects your health. If you smoke, quit today! Help lines, counseling, medications, and other forms of support are available to help you quit.

Get Appropriate Vaccinations

They're not just for kids. Adults need them too. Some vaccinations are for everyone. Others are recommended if you work in certain jobs, have certain lifestyles, travel to certain places, or have certain health conditions. Protect yourself from illness and disease by keeping up with your vaccinations.

Manage Stress

Perhaps now more than ever before, job stress poses a threat to the health of workers and, in turn, to the health of organizations. Balancing obligations to your employer and your family can be challenging. What's your stress level today? Protect your mental and physical health by engaging in activities that help you manage your stress at work and at home.

Know Yourself and Your Risks

Your habits, work and home environments and lifestyle also help to define your health and your risks. You may be at an increased risk for certain diseases or conditions because of what you do, where you work, and how you play. Being healthy means doing some homework, knowing yourself, and knowing what's best for you.

Be Safe - Protect Yourself

What comes to mind when you think about safety and protecting yourself? Is it fastening seat belts, applying sunscreen, wearing helmets, or having smoke detectors? It's all of these and more. It's everything from washing your hands to watching your relationships. Did you know that men at work die most frequently from motor vehicle incidents, machine-related injuries, homicides, and falls? Take steps to protect yourself and others wherever you are.

Be Good to Yourself

Health is not merely the absence of disease; it's a lifestyle. Whether it is getting enough sleep, relaxing after a stressful day, or enjoying a hobby, it is important to take time to be good to yourself. Take steps to balance work, home, and play. Pay attention to your health, and make healthy living a part of your life.

To learn more about these tips and other things you can do to stay healthy, go to <http://www.cdc.gov/men/tips.htm> or www.menshealthmonth.org.

The American Cancer Society encourages all men to get their age-appropriate cancer screenings. For more information about age appropriate cancer screenings, please contact the American Cancer Society at 1.800.227.2345 or visit on-line at www.cancer.org.

For uninsured Men

The Cancer Services Program of Ulster County provides colon, breast, and cervical cancer screenings to uninsured men and women in Ulster County. In observance of Men's Health Awareness Month, the program is offering free, in-home colon cancer screening kits to UNINSURED men between the ages of 50 and 64. Get your kit now by calling Cancer Services Program of Ulster County at (845) 339-7896, ext. 12.

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