

# Community Health Coalition, Inc.

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Healthy People  
2020

Improving the health of Durham  
& NC communities since 1989

June 2017

## Men's Health, Medication, and Safety

### Men's Health

June is Men's Health Month and it is observed to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.



**#1: Heart Disease** - Each year, over 325,000 men die from heart disease, making it the leading cause of death for them, according to the CDC (Centers for Disease Control and Prevention). In fact, nearly 1 out of every 4 male deaths can be attributed to the heart.

**#2: Cancer**- According to the CDC, each year, over 311,000 men die from the cancer.

**#3: Accidents**- Each year, over 85,000 men die each year from unintentional injuries or accidents, according to data. Up until age 45, more men actually die from accidental injury than any other cause. Majority of fatal

accidents fall into two categories: motor vehicle crashes and drug overdoses.

**#4: Chronic Lower Respiratory Disease**- Each year, nearly 70,000 men die each year from chronic lower respiratory disease, according to data from the CDC. Chronic lower respiratory disease encompasses lung ailments such as emphysema, chronic obstructive pulmonary disease (COPD), and chronic bronchitis.

**#5: Stroke** - Each year, more than 55,000 men die of stroke, a condition that results in little or no blood flow to the brain.

### What to do

**Get Good Sleep**- Adults need between 7-9 hours of sleep.

**Stop Smoking Tobacco**- It's never too late to quit. Quitting smoking has immediate and long-term benefits. It improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illnesses.

**Eat Healthy** - Eat a variety of fruits and vegetables every day. Fruits and vegetables have many vitamins and minerals that may help protect you from chronic diseases.

**Tame Stress**- Take care of yourself, avoid drugs and alcohol, find support, connect socially, and stay active.

**Stay on Top of Your Game** - See your doctor or nurse for checkups. Certain diseases and conditions may not have symptoms, so checkups help identify issues early.

**Safety Recommendations** – Accidents happen but if you use the right safety equipment, for example; helmets, seat belts, safety goggles, gun locks, and others, you can avoid injury or even death. While driving, it is important to ensure your safety by: not speeding, not drinking and driving, not using illegal drugs, and not getting distracted by your phone or any other activity.

## Medications and Health

Medications save lives for countless Americans. People with chronic illnesses such as high blood pressure, coronary artery disease, and diabetes can enjoy a good quality of life when they routinely take their medicine. Not taking medication as prescribed is linked with poor clinical outcomes. According to research, approximately 125,000 deaths and at least 10 percent of hospitalizations are caused by lack of medication compliance. Affordability, a lack of understanding of the importance of the medications, and unpleasant side effects are some examples patients cite for not taking their medication as directed. However, side effects of medications may result from not properly taking medicines. In addition, don't forget medication safety which includes knowing what medications cannot be taken together, keeping medications away from children, not sharing prescribed medication, and taking medication as prescribed.



Dr Brenda Jamerson, PharmD. on faculty at Duke and Campbell University says, “**Remember that in addition to dispensing your medications, your pharmacist can provide you a medication review. Ask your pharmacist 1) how your medications work, 2) how the medicine may interact with other OTC or prescription medicines, and 3) specifics about side effects and missed doses.**” A list of questions to ask your pharmacist may be found at:

[www.webmd.boots.com/medications/guide/questions-pharmacist](http://www.webmd.boots.com/medications/guide/questions-pharmacist)

## Safety

### **Remember the ABC's**

**A**sk your Physician, Pharmacist, or Nurse for help to understand proper use of medication

**B**e informed about your safety while participating in any activity

**C**omply with all basic safety precautions provided by the manufacturer of the electrical equipment you are using. Stay away from down power lines.

**Safety Fair presented by Durham Police Department**

**Saturday June 24<sup>th</sup> 11am to 2pm at Franklin Village Community**

**302 N. Blacknall St., Durham NC**

**Topics: Bicycle safety, medical safety, gun safety, fire safety, and vehicle safety**

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Health Tip is a message from Community Health Coalition, Inc. and is written in partnership

with  **DUKE ENERGY**, The Interdenominational Ministerial Alliance of Durham and Vicinity, and Duke Regional Hospital.

**REMEMBER Healthy People 2020: A Clear Vision to Healthy Living!**