

Keeping your health and well-being in the know

# MyHealthTALK

June 2010



## Be Safe. Buckle Up!

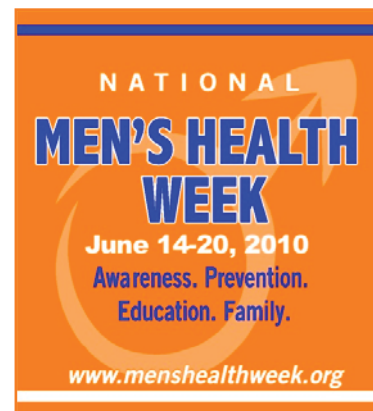
National seat belt use is now at its highest level ever! Join the movement

- Approximately 35,000 people die in motor vehicle crashes each year. About 50% of these people could be saved if they wore seatbelts.
- Of children who die in motor vehicle crashes at least 80% would survive if they were properly secured in an approved child safety seat or safety belts.
- Of the 12,671 passenger vehicle occupants who died in motor vehicles at night, nearly two thirds (64%) were NOT wearing seat belts.
- The people least likely to buckle up are:
  - Men, especially young men
  - Teens and Young adults
  - Pickup Drivers and passengers

Of the above groups least likely to buckle up, over 65% of those killed in passenger vehicle crashes were not buckled up.

Source - National Highway Traffic Safety Administration (NHTSA)

## FOCUS on Men's Health



The week leading up to Father's Day is the perfect time for men to focus on their health. Men's Health Week brings awareness to preventable health problems and encourages early detection and treatment of disease among boys and men. Look for special activities offered in your city during this time. This is a good time to schedule a routine physical. The chart below shows age appropriate preventive screenings that are recommended. Always consult with your physician on your personal situation.

Age	Health Screening
Men of all ages	Maintain a healthy weight Testicular self-exam (monthly) Testicular exam at physician's office Vaccinations (current) Dental exam and cleaning (twice a year) Vision exam (prior to age 40 and then as needed)
20's and 30's	Blood pressure check (every 5 years) Cholesterol check (every 5 years) Skin Check (every 3 years)
40's	Blood pressure check (every 2 years) Fasting blood sugar (every 2 years starting at age 45) Cholesterol check (every 5 years)
50's and early 60's	Colonoscopy (every 5 years) PSA blood test and digital rectal exam (annual) Blood sugar check (every 3 years) Blood pressure check (annual) Cholesterol check (annual)
65+	Same as 50's plus the following: Flu vaccination (annual) Pneumococcal vaccine (followed by a revaccination 5 years later)



# safety tips for a super summer



## water safety

As we get into warm summer months, water safety for kids is very important. According to Safe Kids USA, each year more than 830 children (ages 14 and under) die as a result of unintentional drowning. Home swimming pools are the most common site for drowning for children between 1 and 4.

Here are some water safety tips to prevent drowning for children according to the American Academy of Pediatrics:

- **Actively** supervise children around water at all times, and have a phone nearby to call for help.
- Avoid inflatable swimming aids such as “floaties.” They are not a substitute for approved life vests and can give a false sense of security.
- Children should be enrolled in swimming programs to get them familiar with floating techniques even though they may not be developmentally ready for swim lessons until after their fourth birthday. (Swim programs for children under 4 are not a way to decrease the risk of drowning).
- Whenever infants or toddlers are around water, an adult should be within arm’s length, providing “touch supervision.”
- If you have a pool, install a fence at least five-feet high around all four sides of the pool. The fence should not have openings that a young child could use to get through.
- Keep rescue equipment (a life preserver) near the pool. Choose rescue equipment made of materials that do not conduct electricity.
- Make sure pool gates open out from the pool, and self-close and self-latch at a height children can’t reach.
- Learn CPR and know how to respond in water emergencies.

## bike safety

Bicycles are a fun and healthy way of transportation. Riding a bicycle is great exercise. It can help you get in shape and lose weight, and it can reduce the risk of health problems such as heart attacks. Bicycling puts less strain on your joints than jogging does, so bicycling is easier on your body. As you ride your bike this summer, there are important safety tips you should know when you ride.

- Wear a properly fitted helmet.
- Wear eye protection to stop dust and bugs.
- Wear bright, reflective clothing to make it easier to see you.
- Adjust your bicycle to fit: Stand over your bike. There should be 1 to 2 inches between you and the top tube (bar) if using a road bike and 3 to 4 inches if a mountain bike. The seat should be level front to back.

The seat height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be at the same level with the seat.

- Ride with the flow of traffic. Keep right where practical to allow vehicles to pass.
- Do not wear headphones.
- Yield to traffic when appropriate, and slow down and look to see if the way is clear before proceeding.
- Be aware of parked cars and watch for car doors that may open. Give pedestrians the right of way.
- Parents should teach children basic traffic rules and make sure they ride in safe places.

For more information on bicycle safety, visit the National Highway Traffic Safety Administration (NHTSA) Web site at: [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov).

## fireworks

Though they can be exciting, festive and fun, it is important to remember that fireworks are also dangerous. As you celebrate the upcoming holidays, please keep in mind the following safety tips:

- Use fireworks outdoors only. Children should never play with or light fireworks.
- Obey local laws. If fireworks are not legal where you live, do not use them. Report any illegal or homemade explosives to the fire or police department.
- Always have water handy (a hose or bucket).
- Only use fireworks as intended. Don’t try to alter them or combine them.
- Never relight a “dud” firework. Wait 20 minutes and then soak in water.
- Use common sense. Spectators should keep a safe distance from the shooter and the shooter should wear safety glasses.
- Alcohol and fireworks do not mix. Have a “designated shooter.”
- Children under the age of 12 should not use sparklers without very close adult supervision. Sparklers burn at temperatures that can burn clothing.

It is recommended that families attend public fireworks displays rather than buy fireworks for home use. Visit [www.fireworkssafety.org](http://www.fireworkssafety.org) for more information.