

# SHAC Newsletter

(Student Health and Counseling Center)



June 2015

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## National Men's Health Month

June is National Men's Health Month

### Purpose

The purpose of National Men's Health Month is to heighten the awareness of preventable health problems among men and encourage early detection and treatment of disease among men.

### Did you know?

- Women are 100% more likely to visit a health care provider for annual examinations and preventive services than men.
- In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost five years earlier than women.
- Depression in men is often undiagnosed; men are 4 times as likely to commit suicide.

### Things you can do every day to improve your health:

1. **Eat healthy**- Focus on fruits and vegetables, whole grains, and low-fat milk products.
2. **Stay at a healthy weight**- Being overweight can raise your risk of diabetes, high blood pressure, heart disease, and stroke.
3. **Get moving**- Exercise is one of the best things you can do for your health!
4. **Be smoke-free**- Smoking is linked to cancer, lung disease, and stroke.
5. **Get routine exams and screening**- Ask your health care provider about screening tests such as blood pressure, cholesterol, diabetes, and STI testing.
6. **Avoid heavy drinking**- For men, drinking in moderation means no more than 2 drinks/day.
7. **Manage stress**
8. **Get enough sleep**- Lack of sleep can affect your mood and your health
9. **Know your numbers**- Keep track of your numbers for blood pressure, blood glucose, cholesterol, BMI, etc.
10. **Stay safe**- Safety means many things, such as wearing seatbelts and helmets, using condoms, washing your hands, taking care of your teeth and wearing sunscreen.

## Migraine Awareness Month

Migraine Awareness Month is promoted to raise general awareness of migraine as a serious public health issue and to reduce stigma.

### What is Migraine?

Migraine is a condition of recurring headaches that may be linked with other symptoms, such as sensitivity to light and noise, nausea, vomiting, dizziness, and eyesight changes.

### Key Facts about Migraine

- Migraine is the most common neurological condition in the developed world. It is more prevalent than diabetes, epilepsy and asthma combined.
- An estimated 25 million days are lost from work or school because of migraine.
- Women (18%) are more likely to have migraine attacks than men (8%).
- Depression is three times more common in people with migraine or severe headaches than in healthy individuals.
- Migraine remains undiagnosed and undertreated in at least 50% of patients.
- Got more questions about migraines? [Click here](#)

## Male Survivors of Sexual Assault

Sexual assault can happen to anyone, no matter your age, sexual orientation, or gender identity. Men and boys who have been sexually assaulted or abused may have many of the same feelings and reactions as other survivors of sexual assault, but they may also face additional challenges because of social attitudes and stereotypes about men and masculinity. **This month watch for more info in your inbox re: [male survivors](#)**



Source:  
<http://www.menshealthmonth.org/>



Source:  
<http://www.migrainetrust.org/f/aqs?page=1>