



**This is Men’s Health Month remember that you affect other people, even if you don’t think you do.. People do notice your actions**

**Make health choice today to strengthen our Nation.**

### **June Men’s Wellness Month**

Awareness for men’s health encompasses multiple facet of health and well-being. Unfortunately, seeking help is not always easy as many men have been raised with the belief that asking for help or giving into the pain is a sign of weakness and takes away from their role and status as men. We do have to do our part to reverse this thinking and show that seeking help makes men stronger to take better care of their families.

American Indian and Alaska Native Men generally face greater health disparities and mortality rates than American Indian/Alaska Native Women as well as men in other populations. Some of these health disparities include suicide, HIV/AIDs, Diabetes.

Key components to prioritizing health revolve around taking preventive measures against disease and illness as well as early detection to stop health issues from potentially becoming worse, including:

- ❖ Eating a healthy diet including fruits and vegetables
- ❖ Engaging in regular physical activity
- ❖ Reducing or quitting commercial tobacco use or Vaping
- ❖ Stress management and limiting use of alcohol and dependence on drugs
- ❖ Attending regular health checkups



**Behavioral Health/Sumunumu Staff**

Veronica Domingues-Gephart, Manager  
 Vicki Lilligard, LCADC, MFT  
 Noah Yeager, MHPNP  
 Diana Mitchell, Prevention Coordinator  
 Dr. Richard Perkins, Psychologist  
 Mary Ann Potter, LMFT/LCADC  
 Dr. Geri Steinagel, Psychiatrist  
 Dr. Ronald Centric, Psychiatrist

For Appointments: **775-574-1018**



# My Health—

## MEN'S HEALTH CHECKLIST

Use this checklist to make sure you are getting proper preventive health care. These essential health benefits are free with Medicare, Medicaid, and insurance plans purchased through the Health Insurance Marketplace.

Learn more at <https://www.healthcare.gov/preventive-care-adults/>

| Free Preventive Health Service  | Done |
|---|------|
| Alcohol misuse screening and counseling                                       |      |
| Blood pressure screening  |      |
| Cholesterol screening   |      |
| Colorectal and prostate cancer screening (for men over 50)                    |      |
| Depression screening  |      |
| Diabetes (Type 2) screening (for adults with high blood pressure)             |      |
| Diet counseling   |      |
| Hepatitis B screening   |      |
| Hepatitis C screening (for adults at high risk and those born from 1945-1965) |      |
| HIV screening   |      |
| Immunizations (ask your doctor which immunizations you need)                  |      |
| Lung cancer screening   |      |
| Obesity screening and counseling  |      |
| Sexually transmitted infection prevention counseling                          |      |
| Tobacco use screening   |      |

Source: American Foundation for Suicide Prevention

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# Suicide Warning Signs

## TALK

- Being a burden to others
- Killing themselves
- Sleeping too much or too little
- Experiencing unbearable pain
- Visiting or calling people to say goodbye

## BEHAVIOR

- Increased use of alcohol or drugs
- Isolating from friends & family
- Sleeping too much or too little
- Acting recklessly
- Aggression
- Visiting or calling people to say goodbye
- Withdrawing from activities
- Giving away prized possessions
- Looking for a way to kill themselves, such as searching online for materials or means

## MOOD

- Loss of interest
- Depression
- Anxiety
- Irritability
- Humiliation
- Rage

## Mental wellness

Many seniors find it hard to cope for various reasons. Here are a few of the challenges of patients say they have difficulty facing:

Death and loss of family, friends and loved ones

Symptoms of depression such as changes in mood, appetite, sleep patterns, loss of interest in activity they once enjoyed, lack of energy, and death wish.

- ❖ Anxiety, fears, worries
- ❖ Relationship and family problems
- ❖ Loneliness and feelings of isolation
- ❖ Difficulty remembering
- ❖ Stress and difficulty with changes
- ❖ Physical

Learn to cope find a provider for therapy, individual or find support group or individual or family therapy, ceremonies.

If you are in need of a recovery meeting log on to 24 Hour International Marathon AA meeting. No password needed.