PSA...June, 2026

Healthcare Ministry

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June is Men's Health Month

Men's Health Month is observed every June to help raise awareness about common health issues that impact men and to encourage them to take charge of their health. Last year we focused on prostrate cancer. This year's newsletter will focus on heart health, another important aspect of men's health.

In this article, you'll learn why Men's Health Month is important for your heart health, get practical tips to take better care of yourself, and find helpful resources to support your well-being.

Men and Heart Disease

The term *heart disease* refers to several types of heart conditions, including coronary artery disease and heart attack. Heart disease is the leading cause of death for men in the United States.

How does heart disease affect men?

- **Heart disease is the leading cause of death for men in the United States, killing 357,761 men in 2019—that's about 1 in every 4 male deaths.**
- **Heart disease is the leading cause of death for men of most racial and ethnic groups in the United States, including African Americans, American Indians or Alaska Natives, Hispanics, and whites. For Asian American or Pacific Islander men, heart disease is second only to**

cancer.

- About 1 in 13 (7.7%) white men and 1 in 14 (7.1%) black men have coronary heart disease. About 1 in 17 (5.9%) Hispanic men have coronary heart disease.
- Half of the men who die suddenly of coronary heart disease had no previous symptoms. Even if you have no symptoms, you may still be at risk for heart disease.

What are the symptoms of heart disease?

Sometimes heart disease may be "silent" and not diagnosed until a man experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia. When these events happen, symptoms may include

- Heart attack: Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.
- Arrhythmia: Fluttering feelings in the chest (palpitations).
- Heart failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

Even if you have no symptoms, you may still be at risk for heart disease.

What are the risks for heart disease?

In 2013–2016 47% of men had hypertension, a major risk factor for heart disease and stroke. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including

- Diabetes
- Overweight and obesity
- Unhealthy diet
- Physical inactivity
- Excessive alcohol use

How can I reduce my risk of heart disease?

To reduce your chances of getting heart disease, it's important to do the following:

- **Know your blood pressure. Having uncontrolled blood pressure can result in heart disease. High blood pressure has no symptoms so it's important to have your blood pressure checked regularly. Learn more about high blood pressure.**
- **Talk to your health care provider about whether you should be tested for diabetes. Having diabetes raises your risk of heart disease. Learn more about diabetes.**
- **Quit smoking. If you don't smoke, don't start. If you do smoke, learn ways to quit.**
- **Discuss checking your cholesterol and triglyceride levels with your health care provider. Learn more about cholesterol.**
- **Make healthy food. Having overweight or obesity raises your risk of heart disease. Learn more about overweight and obesity.**
- **Limit alcohol intake to one drink a day. Learn more about alcohol**
- **Lower your stress level and find healthy ways to cope with stress. Learn more about coping with stress.**

Treatment and recovery

If you have some suffered a cardiac event the following tips may aid you in your recovery. Cardiac rehabilitation is an important program for anyone recovering from a heart attack. This can also include heart failure, or some types of heart surgery. Cardiac rehabilitation is a supervised program that includes:

- **Physical activity.**
- **Education about healthy eating.**
- **Taking medicine as prescribed.**
- **Ways to help you quit smoking.**

- **Counseling to find ways to relieve stress and improve mental health.**
- **A team of people may help you through cardiac rehabilitation. This may include**
- **Your health care team.**
- **Exercise and nutrition specialists.**
- **Physical therapists.**

Top resources for cardiovascular disease include the American Heart Association, which offers patient guides, healthy living tips, and a locator for local chapters, and the CDC Heart Disease Homepage for statistics and prevention programs.

Information source: https://www.cdc.govmen.html/heartdisease/

Cook's Corner. . . .**If you like pasta but don't want the calories, spiralized zucchini can be a healthy alternative for the pasta. Here is a shrimp and zucchini pasta as a healthy alternative instead of pasta. Enjoy!**

Shrimp and Zucchinni

6 oz.

linguine

1 1/2 lb.

peeled, deveined large shrimp

4

cloves garlic, grated

2 tbsp.

olive oil

Kosher salt and pepper

1 tbsp.

lemon zest

2 tbsp.

lemon juice (from 1 to 2 large lemons)

1/4 tsp.

red pepper flakes

1/2 c.

dry white wine

1 tbsp.

unsalted butter

12 oz.

zucchini (about 3), spiralized on the thickest setting

41/ c.

flat-leaf parsley, chopped

DIRECTIONS

1. **Cook pasta per pkg. directions. Reserve 1/4 cup cooking water, drain pasta, and return it to the pot.**
2. **Meanwhile, in a large bowl, toss shrimp, garlic, olive oiland cook until just barely opaque throughout, 3 to 4 minutes per side. Transfer to a plate, leaving any oil in the skillet. , 1/4 tsp salt, and 1/2 tsp pepper. Let sit at least 5 minutes.**
3. **Heat a large skillet on medium. Add shrimp mixture**