

## Health & Welfare E-Newsletter

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KAISER PERMANENTE. 

MEN'S HEALTH



## Health guidance for guys

Lifestyle changes can help prevent many health conditions that commonly affect men. Whether you're a guy who's ready to get serious about your health, or a woman who wants to help keep the men in your life healthy, these tips are for you.

### Take charge of your health

See your doctor regularly, and talk about healthy habits that can reduce your risk for cancer and heart disease. Knowing your family health history – and sharing it with your doctor – can also help you stay healthier, longer.

### Watch your waist

Regardless of your weight, a waist that measures more than 40 inches increases your risk for heart disease, type 2 diabetes, and colorectal cancer.\* Help reverse your risk by reducing your waistline through healthy eating and exercise.

### Check your head

Mental health matters. Stress impacts your health, so make time for healthy ways to unwind. And if you're dealing with something like depression or anxiety, don't hold it in. Reaching out for help is a sign of strength – not weakness.

Ready to make some  
healthy changes?

\*Academy of Nutrition and Dietetics



Visit [kp.org/menshealth](http://kp.org/menshealth) and follow us @kpthrive.



# Staying safe under the sun

Learn some quick simple tips on skin protection that can save you from the harmful effects of the sun.

## Did you know?

Using sunscreen helps prevent your skin from ultraviolet radiation (UV) exposure. UV radiation is one of the unseen rays that come directly from the sun, tanning beds and sunlamps.<sup>2</sup> Over exposure to UV causes your skin cells to change. This can increase your chances of skin cancer. Other risks include:

- painful sun burn,
- eye damage (cataracts), and
- early aging (wrinkles).

According to the American Cancer Society, skin cancer is the most common type of cancer in the United States. The most severe type of skin cancer is melanoma.<sup>4</sup> Some races are more affected by the sun's harmful rays than others.<sup>3</sup> Another factor

is location. People who live in areas where the sun is always out have a higher risk of getting skin related illnesses. By taking proper care under the sun, you can reduce your chances!

- **Seek shade** – shade is a great away in protecting you from the hot sun while still being able to enjoy the outdoors. Keep in mind that UV rays are strongest during midday.<sup>1</sup>
- **Cover up** - wearing proper attire (long-sleeved shirts, pants, and hats) is helpful in preventing you from getting those painful sunburns that damage your skin.<sup>1</sup>
- **Wear sunglasses** - protecting your eyes can reduce future eye problems such as cataracts.<sup>1</sup>
- **Apply sunscreen** – use sunscreen before going out. Make sure to use a sunscreen with a sunscreen protective factor (SPF) of or over 15, the higher the number the better the protection.

## For more information

Visit [kp.org/health](http://kp.org/health)

1. Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, Web. 10 Aug. 2011. [www.cdc.gov/cancer/skin](http://www.cdc.gov/cancer/skin).

2. "Don't Fry Day." EPA. Environmental Protection Agency. Web. 12 Mar. 2012. [www.epa.gov/sunwise/dfd.html](http://www.epa.gov/sunwise/dfd.html).

3. "Sun Exposure." Risk Factor Monitoring & Methods -. Web. 19 Apr. 2012. [www.riskfactor.cancer.gov/areas/exposure](http://www.riskfactor.cancer.gov/areas/exposure).

4. "Skin Cancer Facts." American Cancer Society. Web. 24 Apr. 2012. [www.cancer.org/Cancer/CancerCauses/SunandUVExposure/skin-cancer-facts](http://www.cancer.org/Cancer/CancerCauses/SunandUVExposure/skin-cancer-facts).





### Tap in to your summer survival kit: Try a Virtual Visit

Are you gearing up for summer fun? Don't let an unexpected stomach bug or bug bite leave you sitting in a busy waiting room.

There's no fun in that.

Instead, you have another option for health care: a Virtual Visit.

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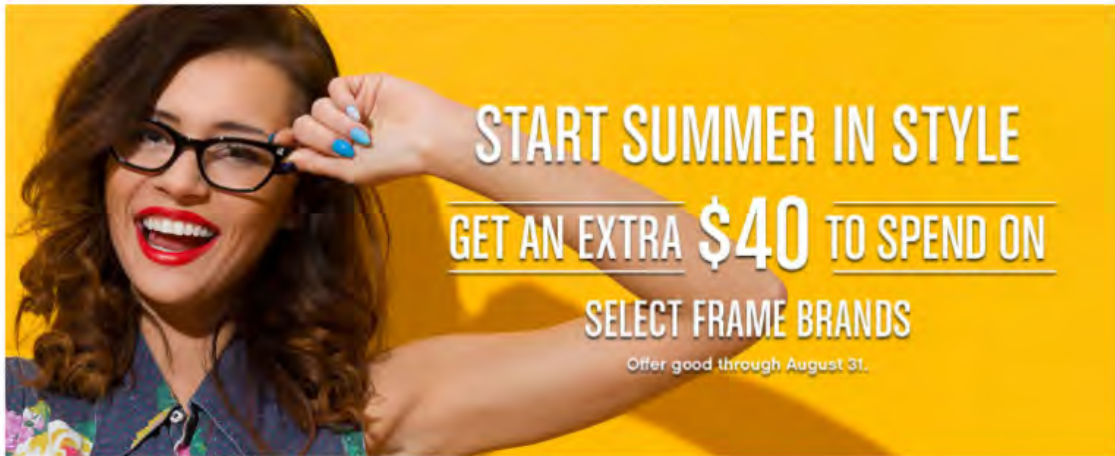
## Smile Wherever You Are

Access dental services away from home



If you have a dental emergency while you're traveling, Delta Dental makes it easy for you to access services. Most Delta Dental plans include coverage for emergency care,<sup>1</sup> but always check your plan booklet before seeking treatment from an out-of-network dentist.<sup>2</sup>

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