

JUNE TOOLKIT



TAKE CARE OF YOU THIS JUNE

This June, Thrive has adopted the mantra, “Take Care of You.” We’re halfway through the year, so we encourage you to check in with yourself and reflect on your physical well-being, social well-being and purpose. To celebrate this month (and YOU), we have provided an infographic that may nudge you to take care of you in a new way.

As we did in the May toolkit for women, in the June toolkit we’ve provided a table to help men decipher which preventive tests may be right and should be discussed with their doctor – it’s always good to be proactive with health. In honor of Father’s Day on June 16, we will focus on the well-being of all fathers, traditional and nontraditional, the week of June 10-14. We invite you to not only take care of you, but also the special men in your life.



PURPOSE
DISCOVER



COMMUNITY
DONATE



FINANCIAL
LEARN

PHYSICAL
MOVE



SOCIAL
MINGLE



EMOTIONAL
RELAX



IDEAS FOR TAKING CARE OF YOU



Thrive

PURPOSE

- Discover your strengths.
- Write down your achievements weekly.
- Create a simple mission statement for yourself for the week. For example, Lend a helping hand whenever I can.

FINANCIAL

- Create and stick to a written budget.
- Set a financial goal you want to accomplish in 3-6 months.
- Educate yourself on financial matters by attending a SoonerSave class.

SOCIAL

- Be intentional and plan an outing with friends.
- Schedule a lunch date with a friend, co-worker or spouse.
- Focus on words of kindness when speaking to others.

COMMUNITY

- Donate blood.
- Donate what you can (time, money, skills) to a cause you have a passion for.
- Volunteer or do service with your church group or civic group.

PHYSICAL

- Visit your doctor to decide on appropriate preventive screenings based on your health history.
- Take a 3-5 minute break every hour and walk outside.
- Get good quality sleep this week. Set boundaries by turning off all smart devices an hour and a half before you go to bed.

EMOTIONAL

- Write down three things that you're grateful for at the end of the day – every day.
- Schedule an appointment for “me” time.
- Take time to practice relaxation/deep belly breathing five minutes a day.



DAD WEEK

In celebration of both Father's Day and National Men's Health Week, we at Thrive wanted to combine the two in support of men everywhere. Everyone is a dad or knows a dad, either in a traditional or nontraditional role. There are pet dads, parent dads, coworkers or community leaders we consider "dads" or mentors. All of these men deserve to be honored and empowered to make well-being a top priority in their lives.

To help celebrate this week, Thrive has a list of suggestions for men to partake in that exemplify our core pillars: purpose, social well-being, financial well-being, community well-being, physical well-being and emotional well-being. Observe this holiday week by picking one or two activities you or the special dad in your life may enjoy doing. Or let loose and try to do all them all.

PURPOSE AND COMMUNITY WELL-BEING:

Volunteering. For the past two decades there has been a growing body of research that has established a strong relationship between volunteering and health and well-being. Those who volunteer, even for only small increments of time, feel a greater sense of life satisfaction. There are numerous ways to get involved, from helping coach little league sports teams to cub scouts or being part of a group in your neighborhood or church that donates time repairing homes and/or taking care of the lawns for senior adults who cannot afford the cost. You can even help a neighbor put up fencing around his land. When we give our time to someone without expecting anything in return, it is not only a gift to the one you help but a gift you give yourself.

SOCIAL: Contact an old friend. Sometimes we get so busy with our lives and family that we lose touch with friends. This week, why don't you try reaching out to someone you haven't spoken to in a while? Who knows, you could pick right back up where you left off. People are often grateful to hear from an old friend and maybe they were thinking about getting back in touch with you. Getting in touch with an old friend can remind you of the person you used to be. Maybe you've lost track of who you were,

or maybe you've grown much wiser, but either way, it's good to know.

PHYSICAL: Family affair. Even though it is Dad week and there are activities that you like to do on your own or with friends, such as fishing, golfing, playing tennis or basketball, this week we would like to suggest that you involve the whole family. Shape Your Future states, "Families that play together, stay together." Click [here](#) for a list of family-friendly activities that the whole family can take part in. What a way to celebrate your dad!

RESOURCES

Grimm Jr., Spring, & Dietz: Office of Research & Policy Development, Corporation for National & Community Service, 2007

<http://www.succeedsocially.com/getbackintouch>

<http://elitedaily.com/life/culture/7-reasons-reconnect-old-friends/662757/>

<http://shapeyourfutureok.com/move-more/family-2/family-friendly-activities/?qclid=CJGp1aH34MoCFQEEaQodTvqLbw>



PREVENTIVE SERVICES FOR MEN



Appropriate Screenings for Men: Based on Guidelines From the U.S. Preventive Services Task Force

What is the U.S. Preventive Services Task Force?

The task force is an independent, volunteer group of national experts in prevention and evidence-based medicine. The task force works to improve the health of all Americans by making evidence-based recommendations about clinical preventive services such as screenings, counseling services and preventive medicines. The recommendations apply to people with no signs or symptoms of the disease.

To develop a recommendation statement, task force members consider the best available science and research on a topic. For each topic, the task force posts draft documents for public comment, including a draft recommendation statement.

All comments are reviewed and considered in developing the final recommendation statement.

Always Talk to Your Doctor about Appropriate Screenings

Getting the best health care means making smart decisions about what screening tests, counseling services and preventive medicines to get and when to get them. Many people don't get the tests or counseling they need. Others get tests or counseling they don't need or that may be harmful to them.

Task force recommendations can help keep you healthy and prevent disease by teaching you about screening tests, counseling services and preventive medicines. The following table provides information about common screenings for men based on age.

SCREENING TEST	AGES 18-39	AGES 40-49	AGES 50-64	AGES 65+
ABDOMINAL AORTIC ANEURYSM SCREENING	Not recommended.	Not recommended.	Not recommended.	One-time screening by ultrasonography recommended for men ages 65-75 years who have ever smoked.
BLOOD PRESSURE	If there are no other risk factors, get screened every 3-5 years. If risk factors are present, get screened every year. If blood pressure is high (the top number is between 120 and 139 or the bottom number is between 80 and 89 or higher), have it checked every year.	Get blood pressure checked every year.	Get blood pressure checked every year.	Get blood pressure checked every year.

SCREENING TEST	AGES 18-39	AGES 40-49	AGES 50-64	AGES 65+
CHOLESTEROL	Starting at age 20 until age 35, get a cholesterol test if you are at increased risk for heart disease.* Starting at age 35 and older, get a cholesterol test at least every 5 years.	Get a cholesterol test regularly. Talk with your doctor to decide how often this test is necessary.	Get a cholesterol test regularly. Talk with your doctor to decide how often this test is necessary.	Get a cholesterol test regularly. Talk with your doctor to decide how often this test is necessary.
COLORECTAL CANCER SCREENING (using fecal occult blood testing, sigmoidoscopy or colonoscopy)	Not recommended.	Not recommended.	Starting at age 50, get screened for colorectal cancer. Talk to your doctor or nurse about which screening test is best for you and how often you need it.	Get screened for colorectal cancer through age 75. Talk to your doctor or nurse about which screening test is best for you and how often you need it.
DIABETES SCREENING		Recommended for men who are overweight or obese as part of a heart disease risk assessment. Talk to your doctor to decide how often this test is necessary.	Recommended for men who are overweight or obese as part of a heart disease risk assessment. Talk to your doctor to decide how often this test is necessary.	Recommended for men who are overweight or obese as part of a heart disease risk assessment. Talk to your doctor to decide how often this test is necessary.
DENTAL EXAM	Go to the dentist twice every year for an exam and cleaning. Your dentist will evaluate if more frequent visits are needed.	Go to the dentist twice every year for an exam and cleaning. Your dentist will evaluate if more frequent visits are needed.	Go to the dentist twice every year for an exam and cleaning. Your dentist will evaluate if more frequent visits are needed.	Go to the dentist twice every year for an exam and cleaning. Your dentist will evaluate if more frequent visits are needed.
EYE EXAM	If you have vision problems, have an eye exam every 2 years or more often if recommended by your doctor.	If you have vision problems, have an eye exam every 2 years or more often if recommended by your doctor.	If you have vision problems, have an eye exam every 2 years or more often if recommended by your doctor.	If you have vision problems, have an eye exam every 2 years or more often if recommended by your doctor.
PROSTATE CANCER (Prostate-specific antigen)	Not recommended.	Not recommended.	Not recommended.	Not recommended.
SKIN CANCER	Not recommended if you have no signs or symptoms of skin cancer.	Not recommended if you have no signs or symptoms of skin cancer.	Not recommended if you have no signs or symptoms of skin cancer.	Not recommended if you have no signs or symptoms of skin cancer.

*You may be at increased risk of heart disease if you have any of the following:

1. Diabetes.
2. Previous personal history of heart disease.
3. Family history of cardiovascular disease before age 50 in male relatives or age 60 in female relatives.
4. Tobacco use.
5. High blood pressure.
6. BMI \geq 30.

SOURCES

Final Recommendation Statement: Abdominal Aortic Aneurysm: Screening. U.S. Preventive Services Task Force. June 2014.

<http://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/abdominal-aortic-aneurysm-screening>

Final Recommendation Statement: Abnormal Blood Glucose and Type 2 Diabetes Mellitus: Screening

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/screening-for-abnormal-blood-glucose-and-type-2-diabetes-october-2015>

Final Recommendation Statement: Colorectal Cancer: Screening. U.S. Preventive Services Task Force. October 2014.

<http://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/colorectal-cancer-screening>

Final Recommendation Statement: Hypertension in Adults: Screening

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/hypertension-in-adults-screening>

Final Recommendation Statement: Lipid Disorders in Adults (Cholesterol, Dyslipidemia): Screening. U.S. Preventive Services Task Force. December 2014.

<http://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/lipid-disorders-in-adults-cholesterol-dyslipidemia-screening>

Final Update Summary: Prostate Cancer: Screening. U.S. Preventive Services Task Force. July 2015.

<http://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/prostate-cancer-screening?ds=1&s=prostate>

Final Recommendation Statement: Skin Cancer: Screening. U.S. Preventive Services Task Force. December 2014.

<http://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/skin-cancer-screening>