



# MEN'S & WOMEN'S HEALTH

HEALTH ENHANCEMENT & DISEASE PREVENTION



## COMMON DISEASE / CONDITIONS

- Hypertension
- Cholesterol
- Arthritis
- Osteoporosis
- Heart Disease
- Mental Health
- Diabetes
- Cancers



# BLOOD PRESSURE & HYPERTENSION

Blood pressure is the measurement of the force applied to the walls of the arteries as the heart pumps blood through the body. Hypertension occurs when the force of the blood against the artery walls is too high.



Stage 1:  
140-159

Stage 2:  
 $\geq 160 / \geq 100$

# MANAGING YOUR BLOOD PRESSURE

Exercise

Reduce  
Saturated  
Fat Intake

Increase  
Potassium

Quit  
Smoking

Reduce  
Salt  
Intake

Lose  
Weight

Reduce  
Stress



# CHOLESTEROL

Cholesterol is a soft, fat-like, waxy substance found in the blood stream and in all your body's cells.

## LDL Cholesterol

- Too much LDL in the blood can slowly build up in the inner walls
- This can raise your risk for heart disease, heart attack or stroke



## HDL Cholesterol

- HDL cholesterol carries cholesterol removed the harmful cholesterol from where it doesn't belong.
- High HDL levels reduce the risk for heart disease – but low levels increase the risk

# TOTAL CHOLESTEROL LEVELS

## Desirable

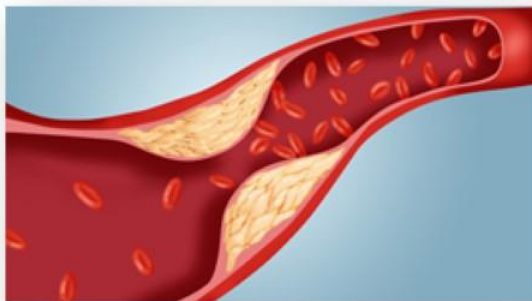
- Less than 200 mg/dL

## Borderline

- 200-239 mg/dL

## High Risk

- 240mg/dL and over



# MANAGING YOUR CHOLESTEROL



# ARTHRITIS

## Risks

Obesity

Family History

Overuse of Joints

Previous Injury



## Signs & Symptoms

Pain

Stiffness

Swelling

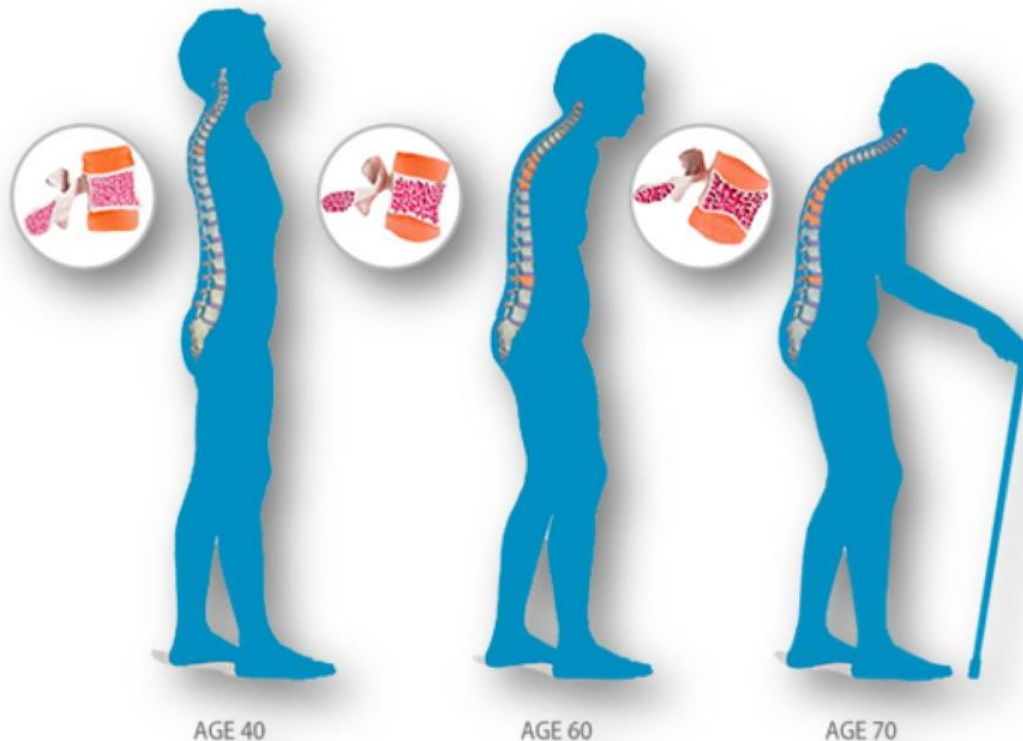
Difficulty Moving joint





# OSTEOPOROSIS

Osteoporosis is a medical condition in which the bones become brittle and fragile from loss of tissue, typically as a result of hormonal changes, or deficiency of calcium or vitamin D



# OSTEOPOROSIS

## Risks

Advanced Age

Early Menopause

Small/Thin Body Size

Race

## Signs & Symptoms

Anorexia / Bulimia

Lifetime Diet of Low Calcium

Inactive Lifestyle

Smoking & Drinking

# HEART DISEASE

- Risks
  - Family history
  - High Blood Pressure or Cholesterol
  - Physical Inactivity
  - High Fat Diet



# HEART ATTACK

A heart attack is the blockage of blood flow to the heart muscle



Signs &  
Symptoms

Pressure

Pain around shoulders & chest

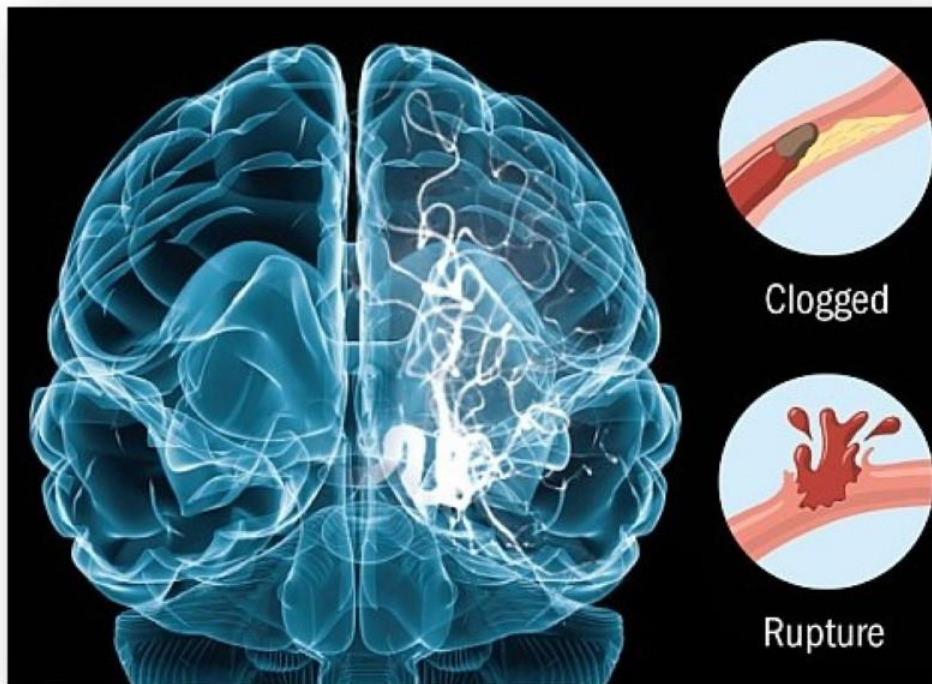
Nausea

Squeezing pain in center of chest



# STROKE

A stroke is damage to the brain from interruption of its blood supply



Signs &  
Symptoms

Blurred vision

Sudden confusion

Loss of Balance

Sudden numbness in face

# DEPRESSION

## 5 Ways To Naturally Prevent Depression

- Get Enough Sleep
- Exercise Regularly
- Regulate Blood Sugar
- Eat Healthy Fats
- Find Hobbies / Interests



# DIABETES

## Risks

Obesity

Family History

Low HDL Cholesterol Levels

Women – Gestational Diabetes (Babies over 9lbs)

## Signs & Symptoms

Blurred or Changed Vision

Tingling / Numbness in legs, feet, or fingers

Weakness / Fatigue

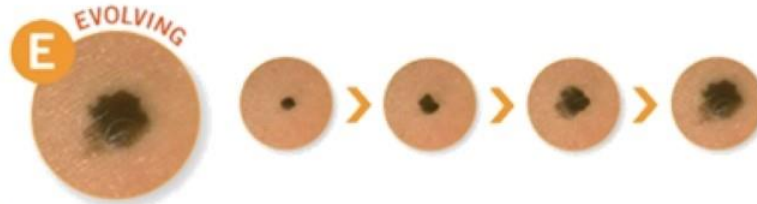
Extreme Thirst or Hunger



# SKIN CANCER



## ABCDEs of skin cancer



Risks

Fair  
Complexion

Spending a  
lot of Time  
in the Sun

Family  
History

Signs &  
Symptoms

Sores That  
Won't Go  
Away

Red  
Patches

Unusual  
Raised  
Bumps/  
Freckles



# BREAST CANCER

## Risks

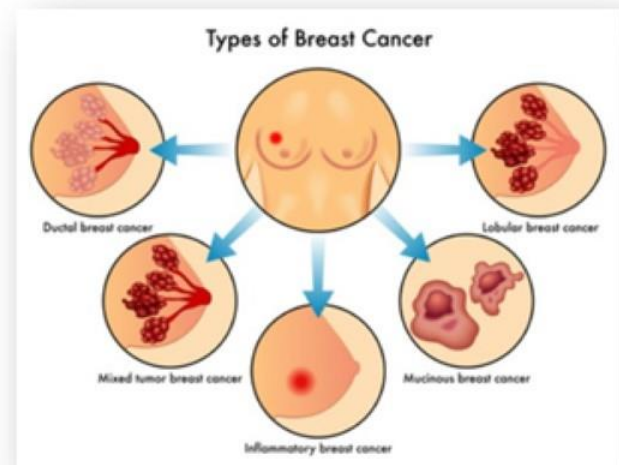
Personal/  
Family History

Genetic  
Alterations

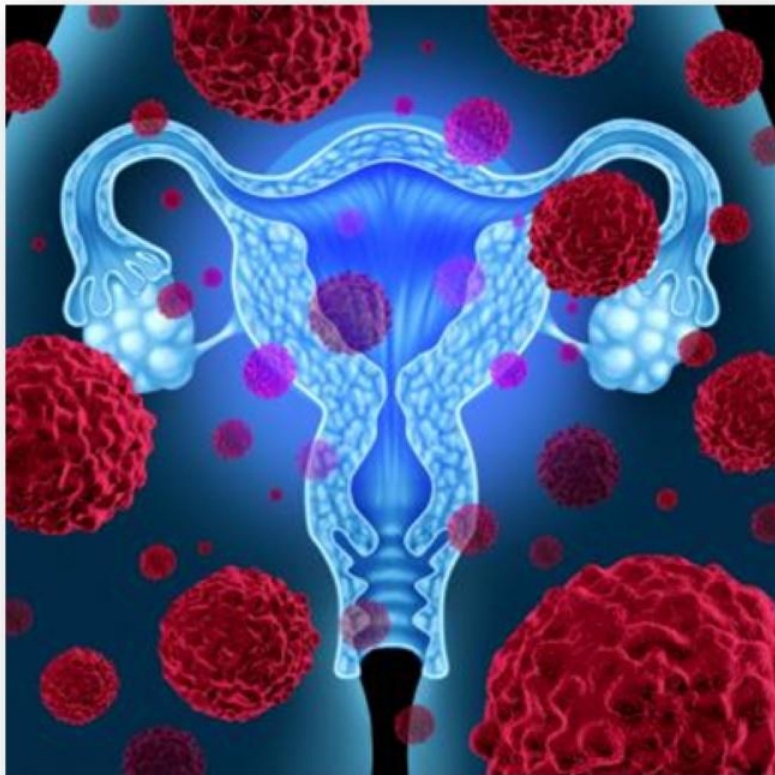
## Signs & Symptoms

A New Lump/  
Mass – Hard &  
Irregular Edges

Generalized  
Swelling



# OVARIAN CANCER



## Risks

Age

Family History

Reproductive  
History &  
Childbearing

## Signs & Symptoms

General  
Abdominal  
Discomfort/Pain

Bloating

Loss of Appetite

Feeling the  
Need to Urinate  
Frequently

# LUNG CANCER



# COLON CANCER



## What You Need to Know ABOUT COLON CANCER



Colon cancer  
affects men and  
women equally



On average,  
your risk is about  
1 in 20



90% of new cases  
occur in people  
50 or older

### Risks

Family  
History

Low-Fiber,  
High-Fat  
Diet

Diabetes /  
Obesity

Heavy  
Smoking &  
Drinking

### Signs & Symptoms

Rectal  
Bleeding

Jaundice

Decreased  
Appetite

Abdominal  
Cramping



# PROSTATE CANCER

## Risks

Older than  
50

Race

Family  
History

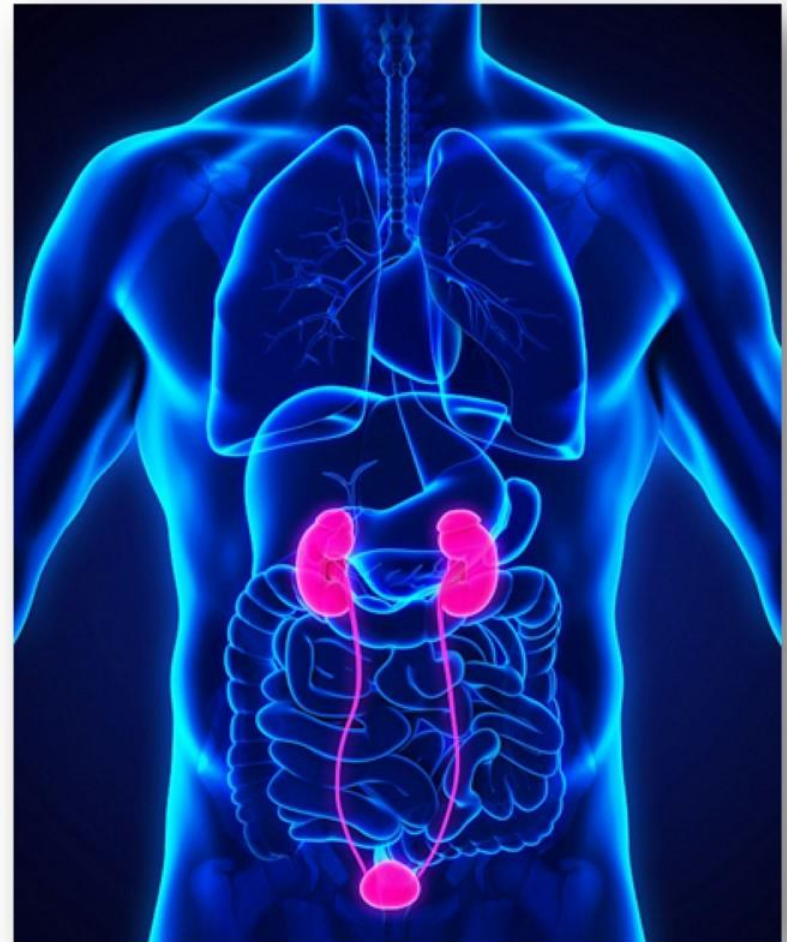
## Signs & Symptoms

Blood in  
Semen

Urinating  
Often

Impotence

Pain in  
Pelvic Area



# PREVENTION MEASURES

Physical  
Activity



Screenings



Nutrition



Stress  
Reduction





# QUESTIONS?

