

Healthy HAPPENINGS

June 2024/ Vol 04, Issue 06

Texas A&M AgriLife Extension Service Hidalgo County Family & Community Health

Welcome to the June 2024 issue of "Healthy Happenings"! This is a monthly newsletter with healthy tips, recipes, and information on the Family & Community Health programs of the Texas A&M AgriLife Extension Service in Hidalgo County.

June is **MEN'S HEALTH** Month

June marks the annual observance of Men's Health Month, a national campaign aimed at increasing awareness of preventable health problems and encouraging early detection and treatment of illness among men and boys. Adult men still have a lower average life span than women and remain less likely to see a doctor for routine medical checkups or screening tests. Yet many common conditions impacting men's health are highly treatable and even preventable when caught early. This Men's Health Month, we want to encourage all of our male friends and community members to prioritize their own well-being by learning more about important health issues, knowing risk factors and symptoms to watch out for, and speaking with your doctor about appropriate screening recommendations. A small commitment to better understanding your health can pay huge dividends over the long run.

Find us on  [CLICK HERE](#)

PAD THAI EGG ROLLS

by *Dinner Tonight Healthy Cooking School*

Pad Thai Egg Rolls put a fun twist on the iconic Thai dish. The classic Pad Thai flavors of cabbage, carrots and peanuts are wrapped inside egg roll wrappers. Air fried to a crisp golden brown, they make for a unique appetizer perfect for sharing. Serve with sweet chili sauce for dipping bite-sized pieces of Thai flavor.

Click below for the Recipe:
[Pad Thai Egg Rolls](#)



Pad Thai Egg Rolls

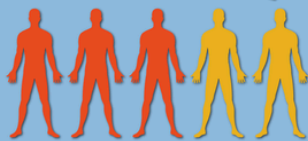


MEN'S HEALTH

101

Your Health is Worth it: Screening Recommendations Every Man Should Know

DID YOU KNOW?



Only 3 OUT OF 5 men get a yearly check up



Annual health checkups can help doctors diagnose and treat the two leading causes of death among men: **HEART DISEASE & CANCER**

IF AT NORMAL RISK, GET SCREENED FOR:

BLOOD PRESSURE should begin at 20 years old

CHOLESTEROL should begin at 20 years old

DIABETES should begin at 45 years old

OSTEOPOROSIS should begin at 50 years old

PROSTATE CANCER should begin at 50 years old

COLON OR RECTAL CANCER should begin at 50 years old

A physical exam should be part of your annual checkup and should include STI/STD screening for: **HIV, CHLAMYDIA, SYPHILIS, GONORRHEA**

IMMUNIZATIONS

FLU SHOT every year

HPV VACCINE recommended after age 10

TDAP VACCINE after age 19, recommended every 10 years

SHINGLES VACCINE recommended at age 50

PNEUMONIA VACCINE recommended at age 65

VARICELLA VACCINE if born after 1980 and never had chickenpox, the varicella vaccine is recommended

ORAL HEALTH

It is recommended that men go to the dentist at least **TWICE A YEAR** for an exam and cleaning.

EYE HEALTH

It is recommended that men go to the ophthalmologist at least **EVERY 2 YEARS** for an exam. Those with diabetes should go yearly.



FAMILY & COMMUNITY HEALTH

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HAPPY FATHER'S DAY

Father's Day is a special day to honor dads and show appreciation for all they do. This Father's Day, take time to thank your father with a heartfelt card, homemade breakfast in bed, or by enjoying your favorite activities together.

SUN SAFETY

As summer arrives, it's important to protect your skin from the sun's harmful rays. Be sure to apply sunscreen with an SPF of 15 or higher, wear protective clothing, and seek shade whenever possible between 10am and 4pm. Protect your skin so you can enjoy the warm weather safely.

Family & Community Health Programs

- Cooking Well with Diabetes
- Cooking Well for Healthy Blood Pressure
- Cooking Well with Friends
- Cooking Well: Exploring Cultures
- Food Handler Certifications
- Stress Less with Mindfulness
- Mindful Self (Youth)
- Mental Health First Aid Certification (available upon request for groups)

Visit our redesigned website to learn more about the Family & Community Health Programs!



hidalgo.agrilife.org



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If you have any questions or would like more information on our programs please contact me at 956-383-1026 or andrea.valdez@ag.tamu.edu.