

Your Health Matters

THE KEY TO A HUSBAND'S HEALTH MAY BE HIS WIFE

This week, my neighbor, Clyde Waldo died suddenly. Clyde and Ellen had just celebrated their 25th Wedding Anniversary the day before. My heart has been heavy for Ellen and the loss of her husband. Last year, Ellen was very kind to me when my own husband was diagnosed with melanoma. She was a sweet neighbor to us as we faced a difficult trial.

And so, I wanted to write an article this week, addressed to the women of Montgomery County. For every woman who loves her man, I hope you will read this article and pay attention to the advice given. I have some advice that could save your husband's life. The key to a husband's health may be his wife. Men die younger than women. If you want your husband to stick around, you have to help him a little.

Only one in four adult men regularly sees an internist or family doctor for routine physicals. In a national study, 24% of men said they hadn't seen a doctor in the previous year compared with just 8% of women.

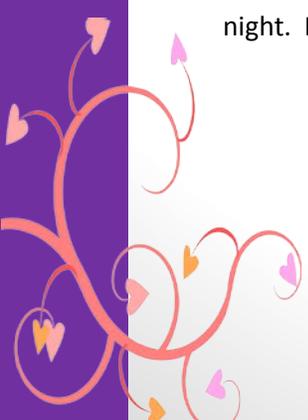
The 2000 Study by the Commonwealth Fund, also found that men delay getting care despite warning signs. When asked what they would do if they were in pain or feeling sick, 24% said they would wait as long as possible before seeing a doctor. So a man's first line of medical defense is his wife.

But if a husband is one of those meat and potato guys who won't eat his veggies, has a few too many beers, maybe even smokes, and thinks you only go to the doctor for life-threatening things, like car wrecks and heart attacks, that's where a loving wife has to come in. You do not have to be a nag to successfully win your husband's cooperation. You can say something like, "We have so much to look forward to and you have been so tired lately".

How a wife can help keep her man.

Sleep Tight – If your husband is not getting enough sleep, it can lead to chronic diseases and conditions like diabetes, heart disease, obesity and depression. It can also result in more motor vehicle and machinery-related accidents. Most men need 7-9 hours of sleep each night. Encourage your husband to have a regular sleep schedule.

Toss the Tobacco – By encouraging your husband to stop smoking, you should see immediate and long-term benefits. It improves health and lowers the risk of heart disease, cancer, lung disease, and other illnesses. It also protects other members of your family from breathing in poisonous secondhand smoke, which can cause them to have similar health problems to smokers. It's never too late to quit.



Play Hard – Your husband needs about 30 minutes of moderate-intensity aerobic activity every day, and muscle building activities that work all the major muscle groups at least two days a week. It doesn't have to be done all at once, but can even be broken down into short burst of activity throughout the day. Ask your husband to join you for an easy weekend walk.

Eat Smarter - Get your husband to eat more fruit and vegetables. If he sneers at broccoli, then try blending fruit into yogurt or juice shakes and offer a vegetable juice, such as V-8, as a snack or beverage.

See Your Doc – Gently encourage regular physicals or doctor visits, making appointments when necessary. Go along if your husband doesn't mind.

Recognize the Signs – Recognize that heartburn, a common problem in men, can be a symptom of heart disease, gallstones or gastrointestinal reflux. Impotence can be sign of depression and certain cancers.

To learn more, visit www.montgomerycountyhealth.org, Facebook or Twitter, or call 573-564-2495. The Montgomery County Health Department loves taking care of your family, and works every day to protect, promote and improve health in our community. ■

A handwritten signature in cursive script that reads "Linda Harman".

6.12.15