

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 8 | ISSUE 44



NO SHAVE AND A HAIRCUT

BY TREVOR ADDISON, ATC



In honor of No Shave November, let's talk a bit about men's health. The original idea of the event was to grow out some facial hair and donate the money you normally would spend on shaving (or a haircut if you can't grow a beard) to men's health causes. Some of the biggest health risks men face, like **heart disease, accidental injury, suicide, and cancer**, can be **preventable**. Well, it just so happens that prevention is kind of Work Right's thing. So, how do we protect ourselves and others from these health risks, and why are regular check-ups with your doctor so important?

PROSTATE CANCER PREVENTION

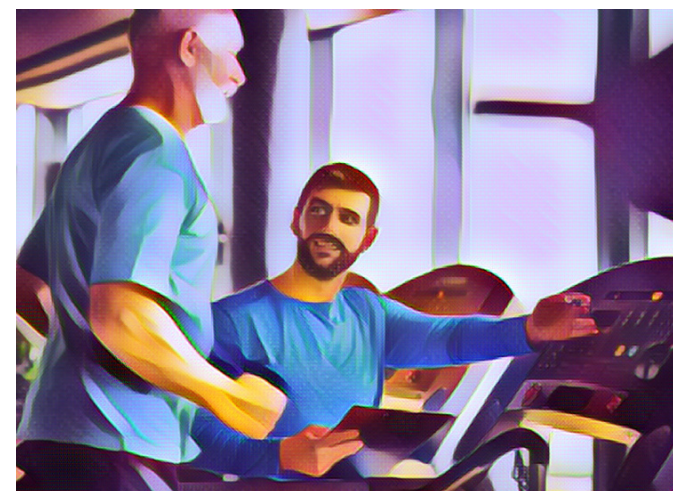
There's not a proven method of preventing prostate cancer outright, but you can reduce your risk.



Choose a healthy diet: Low-fat diets that are rich in fruits and vegetables.

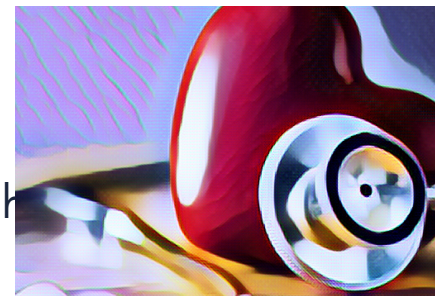
Exercise Regularly: Check with your doctor first, but try to engage in safe exercise 4+ days of the week.

Maintain a healthy weight: people with a BMI above 30 have a higher risk for prostate cancer.



HEART DISEASE

Heart disease is the leading cause of death among men in the US.

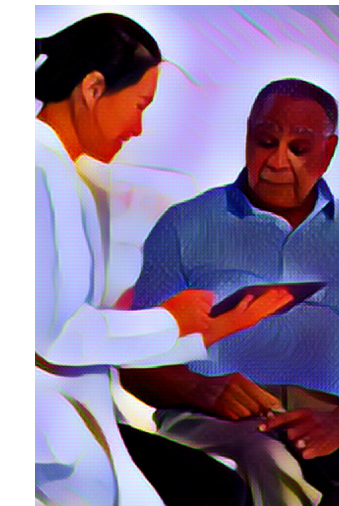


Similar to prostate cancer, you can reduce your risk by eating healthy, exercising regularly, and managing your weight. Other factors include avoiding smoking and limiting your alcohol intake. Stress plays a role here as well, so it's good to practice healthy coping strategies.



REGULAR PCP VISITS

Finally, early recognition of risk factors is critical to preventing both **cancer** and **heart disease**. This means regular check-ups with your primary care physician (PCP). Your physician can help identify your risk factors, give guidance on managing those factors, and are key to early detection of disease. This is important because no matter the disease, the earlier we intervene the better the outcome.



Happy Men's Health Awareness Month!

**WANT TO READ MORE?
SCAN THE QR!**

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

