

THE SILENT JOURNEY NEWSLETTER.©

VOL. 001
20TH EDITION
February/2021

You can control Hypertension!

According to the CDC, 1 in 3 people have high blood pressure. Medication can help control HBP. But HBP is a chronic health condition, so healthy habits are essential. Most doctors suggest you stop smoking, eat a low fat high fiber diet and exercise. Some medical professionals suggest the DASH Diet.

DASH, which stands for, Dietary Approaches to Stop Hypertension. This includes fruites and vegetables (8-10 servings a day), whole grains, beans, nuts, low-fat dairy, lean meat (poultry, seafood), You should limit red meats, added sugars and unhealthy fats.

Most people still believe their food dosen't taste well until they add, just a little salt. Your daily intake of salt should be no more than 2300mg. Just 2 tablespoons of salad dressing can have a ¼ of your daily allowance. For more information on hypertension, cut and paste the following link.

"It's Take Your Spouse to the Doctor Day!"

It's that time of year again. That time of year when men start to hide in closets, they avoid their spouses' gaze. All of a sudden, the kids can watch 'The Big TV' without looking over their parents shoulders. You guessed it; it is time for the dreaded annual physical exam. Because of Covid-19, there might not be as much prodding and poking this year. But you can bet your bottom dollar, there will be needles. Needles for drawing blood, needles for Covid-19 shots and needles for good measure.

According to a 2016 Kaiser Family Foundation survey, 92% of American respondents said it's important to have an annual physical examination. While only 62% said they actually received a physical. Getting men to the doctor is an age-old problem. Males between the ages of 18-49 may never see a doctor unless something is wrong. They usually go if pressured by their mom, spouse or girlfriend.

Let's pause for a second. When was the last time you went to the doctor? I had my physical in December. Just in case you're wondering. How about you. The problem is so far reaching, retired Fly-Jock, Tom Joyner, used to have an annual Take Your Husband to the Doctor Day. His entire show was dedicated to talking to medical professionals and celebrities about the problem.

The Cleveland Clinic did a survey of 1,200 adult males. A whopping 72% said, they would rather sweat their ass off mowing the lawn or cleaning the long-neglected toilet, than see a doctor. An even more surprising 77% said they would go shopping instead of visiting the doctor. Not shocked yet. Nearly two-thirds of men surveyed, said they consult Dr. Google before considering setting foot in a Phycian's office.

Experts say one of the biggest problems with this stubborn approach is when men do see a doctor, 20% admitted they lie. They lie about the way they feel; for fear of the being embarrassed about what ails them. Sounds familiar? I must admit, in my younger years, I might have fudged the truth with my doctor. Give it a second thought guys. Think about your loved ones or your significant other. Data suggest, half of men actually have an annual physical. Which means, half of American adult males haven't a clue, when it comes to the state of their health. Dr. Google isn't the answer men. Go to your doctor, and 'git er' done".

:30bp (thirty-second) bp, a blood pressure app

:30bp is a blood pressure app designed for adults who have high blood pressure. :30bp is available in the App Store for IOS users and the Play Store for Android users. The app is available in English and Spanish.

Simply download :30bp and complete your profile. Then enter BP goal you want to achieve. Everyone's goal will vary, based on your current BP readings. The American Heart Association's BP recommendation is 120/70.

Next, take your blood pressure with a BP cuff. It is recommended that you sit at least 15 minutes before taking your blood pressure. Also, empty your bladder and you may lesson your BP reading by 10 points

Then put your BP reading into the app. When you input readings into the app, it will create a BP log of your readings

Also, with each reading input, :30bp will time stamp and date stamp your readings. Input your readings on a daily, bi-weekly and weekly basis.

I could go on about the many reason's men won't go to a doctor. For instance, the number one reason men refuse to visit a doctor is, they don't have one. That's not our focus at this time. Let's focus on why men should visit their doctor. Providers say, an annual visit to your doctor is vital to monitor and maintain your health. That clears up why we should have annual physicals.

Now let's get into what we should expect during an exam. At some point during your visit, you will be asked to do lab work and a urine test. You will have to do some paperwork, so be honest with yourself and the physician. You will most likely have questions for the doctor, try to write them down to avoid forgetting or embarrassment. When you arrive at the office, let the staff know if you prefer speaking with a male or female doctor.

Once the exam begins, you will be asked many questions about your current health, past health, and family history. You will most likely get an exam. For men over 50, this will include a prostate exam. The prostate exam only takes five seconds. It is done to screen for cancer, and to estimate the size of your prostate. Now that wasn't bad, was it? The doctor may also check your eyes, ears, heart, lungs and abdomen. Your provider will let you know when your lab work returns. He/she will go over your labs with you and let you know if you are all clear or if you will need a follow up visit.

Now that the hard part is out of the way, let's talk about how often men should go to the doctor. It may depend on what physician you speak with. Some say when a man turns 20, they should schedule their first medical appointment. Other experts say, if a man is relatively healthy, with no family history of serious illness. He can likely skip the annual physical exams, and see their providers as needed. How are we doing fellas? Now you know, over 35 physical exams are necessary. Even healthy men at this age should at least have a cholesterol test administered.

Once you hit that big four-oooh, forget about it. That's when your provider will want to check the engine. There's no need to be afraid, we need these exams to make sure we stay healthy. Starting at age 45, men should have a colonoscopy. A colonoscopy checks for abnormalities in your intestines (colon) and rectum. This should be performed every 10 years unless there is family history.

I'm not trying to get too involved in the medical procedures and terms because I am not a medical professional. Be sure to check with your medical providers for any medical concerns.

We've laid out our fears and concerns. Hopefully, you've read enough information to help you understand how important it is for men to visit a healthcare provider. I wish I had this information when I was in my 30's.

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