



# Hidalgo Health Associates

Your Employee Assistance Program (EAP)

225.927.0160 or 1.800.448.4470 – Toll Free

## Men's Health Month: Bringing Awareness to Men's Health

Throughout June, Men's Health Month aims to encourage boys and men to take charge of their overall health by implementing healthy living decisions. This year, as the country has been impacted by the COVID-19 pandemic, it is crucial that men get regular checkups and be aware of the risks for their age, ethnicity, and lifestyle. According to the Centers for Disease Control and Prevention, 14.9% of men aged 18 and over are in fair or poor health. During Men's Health Month, we urge men to take steps to enrich their health and wellness through proper screenings and care.



All month long, community events and clinics take place to increase awareness of the leading health concerns men face. It's important to encourage the men in our lives to get regular checkups and be aware of the risks for their age, ethnicity, and lifestyle.

- Know your preventable risks
- Take steps to create healthful habits
- Schedule routine tests for early detection of disease
- Learn your risk factors
- Document your family history with your physician

According to the Centers for Disease Control and Prevention, the leading causes of death among men are heart disease, cancer, and accidental death.

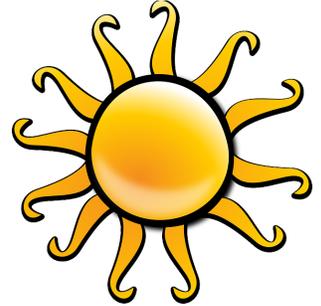
### HOW TO OBSERVE

- Make a commitment to have a health checkup.
- If you've recently had one and you are at risk, consider making changes to your lifestyle to improve your health.
- Talk to your physician about the steps to take.
- Talk to the men in your life about making an appointment for a checkup.
- Take a walk with your father, brother, husband, son, friend or co-worker.
- Cook up a healthy meal for the man in your life.

Learn more about Men's Health Month by participating in Wear BLUE Day the Friday before Father's Day. Use #MensHealthMonth to share on social media. For more information visit [www.menshealthmonth.org](http://www.menshealthmonth.org).

## Keep Safety in Your Summer

As the impact of the pandemic diminishes and you head outdoors to have fun in the sun, "keep safety in your summer." A review of safety and wellness websites points to the most common activities associated with injuries or death: boating and water sports, mowing lawns, unsafe use of playgrounds, bicycling, using trampolines, swimming and pool incidents, activities that include risk of slips and falls, spoiled food illnesses from outdoor eating events, and car accidents. The day of the year with the most car accidents is July 4th.



## Please, Report Sexual Harassment

Despite the protection of sexual harassment policies, 72 percent of sexual harassment victims don't report the incidents they have suffered. Have you been sexually harassed but did not report it because you feared the consequences? Did you dismiss the incident, embracing that strategy as a way to cope? Did you think that somehow you were to blame for being harassed? If you are sexually harassed, follow your company's policy and report it. Your employer wants to support you, and every sexual harassment prevention policy forbids retaliation. Decide to step forward so you can be the content and focused employee that both you and your employer want you to be.



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[www.healthassociatesllc.com](http://www.healthassociatesllc.com)

# PTSD Awareness

According to the National Center for PTSD, between 7 and 8 percent of the population will experience Post Traumatic Stress Disorder (PTSD) during their lifetime.

Men, women, and children can experience PTSD as a result of trauma in their lives. Events due to combat, accidents, disasters, and abuse are just a few of the causes of PTSD. No matter the reason, PTSD is treatable, but not everyone seeks treatment. There are resources available to help diagnosis PTSD and get help. There is no shame in seeking assistance.



# Race-Based Traumatic Stress

The national focus on racial discrimination has produced opportunities to discuss other harms of racism that do not receive much attention in the news. One of these is race-based traumatic stress, which is an



injurious response to the stress experienced in relation to a discriminatory or racist event or interactions. If you have been affected by race-based trauma, you may experience symptoms of post-traumatic stress: anxiety, nightmares, sleep difficulties, and relationship and communication problems with those you love. These types of traumas might lead to fear of social situations, trouble being relaxed in social situations, feeling worried others might notice your anxiety, feeling that the world is an unsafe place to be, avoiding activities that might find you at the center of attention, and many other negative realities.

Research shows that children may be particularly vulnerable to race-based traumatic stress from bullying peers and authority figures, or even from what they witness in the media or secondary to the race discrimination experienced by their parents or caregivers. Those affected by race-based traumatic stress may find it tougher to seek help for symptoms because they don't believe professional counselors or mental health clinicians will understand their worldview or experiences about racism. Fortunately, this concern is being overcome with new awareness, education, and increasing numbers of professional counselors who identify as members of diverse communities. If you think race-based traumatic stress is interfering with your ability to be happy, healthy, and productive, consider professional counseling or contacting your EAP.

# Why We Love Pride Month

Pride Month is a time when the LGBTQ+ community comes together to celebrate the acceptance of sexual diversity but that doesn't mean you can't join in if you're a bog-standard hetero whose proclivities are firmly on the vanilla side of life.



It's your chance to come out of your shell and join in with any number of parades, festivals, concerts, and events going on in your community. It also gives you the chance to meet new like-minded people, knowing that this is a celebration of acceptance and love.

The emphasis may be on fun, but it's also the perfect time to think about and discuss issues related to the gay rights movement, especially as it gets more attention from the media during this time — from gay marriage and adoption to transgender rights. Although huge strides have been made for equality over recent years, we all still have a long way to go. Pride Month is a great opportunity to learn about the fight for what's right, and to pitch in as well!

# National Adopt-a-Cat Month

Meow! National Adopt a Cat Month in June encourages us to remember our feline friends when considering a new pet. Also known as Adopt a Shelter Cat Month, it's a time to learn the cat-friendly ways to prepare your home for a new fur baby, how to know which cat is best for you and how to care for your feline friend.



Shelters are full of cats and kittens in needs of forever homes. These feline fur babies come with as many personalities as they do colors and coats. They curl into our hearts and will just as quickly remind us they decide who they love. Whether they were born in the shelter, surrendered or abandoned, 3.4 million find their way to a shelter.

When considering the adoption of a furbaby, take your time. Each shelter animal will touch your heart, so be sure to find a life-long love.

- Consider your lifestyle. Will you have time for an active kitten or will an adult cat be more to your pace?
- Make multiple visits before making a choice. Sometimes, the purrfect cat will choose you.
- Spend one-on-one time with the cat so you have some bonding meowments and her true personality comes through.
- Do other members of your fur family need to be considered? If so, be sure to introduce them to be sure their personalities mesh.
- When you bring your new family member home, have a space ready for him to decompress and adjust to his new abode. Don't be surprised if he hides at first. This is normal cat behavior.