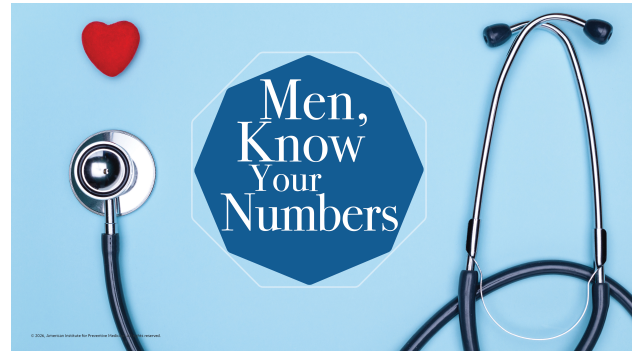


# JUNE 2026 WELLNESS NEWSLETTER

## MEN, KNOW YOUR NUMBERS

Men are often less likely than women to see a doctor regularly. This month's theme is about encouraging men to get recommended health screenings and seek healthcare when needed. If there is a problem, health screening tests can often diagnose it sooner, before symptoms appear, so it can be treated, often with better outcomes.



**Men who regularly track key health numbers- especially blood pressure, cholesterol, blood sugar and waist circumference- significantly reduce their risk for of early heart disease and stroke by acting early.**

### JUNE FEATURED ARTICLES

**MEN'S HEALTH MATTERS**

**MANOPAUSE**

**5 QUESTIONS TO ASK YOUR**

**DOCTOR**

**ERECTILE DYSFUNCTION**

**MONTHLY VIDEO**



### ELEVATE YOUR EVERYDAY: ONE HABIT AT A TIME

**Know Which Screenings Are For You**  
Use resources found at [healthfinder.gov](http://healthfinder.gov) like the "**MyHealthFinder Tool**" that tells you which age-appropriate screenings to schedule based on age and gender.

#### Ask for Support

Talk with your spouse/partner or close friend about your fears and hesitations about seeing a doctor. And share any worrisome symptoms you are having.

### BENEFIT SPOTLIGHT: PREVENTIVE CARE

Did you know that most of your annual wellness and preventive care visits are covered through your health plan?

**LEARN MORE**

### VERMONT DAYS

Spend the day on the lake, explore historic sites, or cast a line on Vermont Days the second weekend in June. During this time admission to day-use areas at Vermont State Parks and State-owned historic sites are **free**. Bonus! You can fish without a license on that Saturday.



**Check out our Blue Sky VT Days<sup>SM</sup> to learn more about free events for all Vermonters**



# Men's health matters

Many men face unique health challenges, and breaking down barriers to care is essential. Let's explore some key areas of men's health, including some actionable steps, empowering men to take charge of their health journey.



## COMMON HEALTH CONCERNS

- Heart disease is a leading cause of death for men. Maintaining a healthy diet, exercising regularly, and managing risk factors like high blood pressure and cholesterol are vital.
- Several cancers disproportionately affect men, including prostate, testicular, and colon cancer. Early detection through screenings and a healthy lifestyle are crucial.
- Men are at increased risk for type 2 diabetes. Maintaining a healthy weight, eating a balanced diet, and regular physical activity can help prevent or manage this condition.
- Men often face stigma surrounding mental health, leading to underdiagnosis and undertreatment of conditions like depression and anxiety. Seeking help is a sign of strength, not weakness.



## PRIORITIZING WELL-BEING

- Schedule regular checkups with your doctor. These visits provide opportunities for screenings, early detection of potential health issues, and discussions about healthy lifestyle choices.
- Consume a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Limit processed foods, saturated fats, and added sugars.
- Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity each week, along with muscle-strengthening activities twice a week.
- Understand your family's medical history to help identify potential risks and guide preventive measures.
- Find healthy ways to manage stress, such as exercise, meditation, or spending time with loved ones. Chronic stress can negatively impact both physical and mental health.
- Aim for 7-9 hours of quality sleep each night. Adequate sleep is essential for physical and mental restoration.
- Excessive alcohol consumption and tobacco use significantly increase the risk of several health problems. Quitting smoking is one of the best things you can do for your health.
- Openly discuss your health concerns with your doctor, family, or friends. Communication is key to breaking down stigma and getting the support you need.



# 5 must-ask questions for your next checkup

Got a checkup coming up? Don't let your doctor do all the talking. Speak up – and ask these important questions to get the most out of your visit. If you don't understand an answer, always ask him or her to clarify. Your doctor wants to be sure you leave the office knowing how to get – or stay – healthy.



## 01 ARE THERE ANY VACCINES I SHOULD GET?

Vaccines aren't just for kids. Many important vaccines are given in the adult years, including:

- Influenza (flu)
- Tdap (tetanus, diphtheria, and pertussis)
- Shingles
- Pneumococcal
- Measles, mumps, rubella (MMR)
- COVID
- Hepatitis B

The vaccines you need will depend on your age and health status. Your doctor is the best person to help you get fully protected from many diseases.

## 05 WHEN SHOULD I HAVE MY NEXT DOCTOR'S VISIT?

Follow-up visits may be needed if you're managing certain health problems like diabetes or high blood pressure. Even if you don't have health issues, regular checkups are important. Your doctor can tell you when you should come back for your next visit based on your age and any health concerns.

## 02 DO YOU HAVE MY MOST RECENT FAMILY HISTORY?

Tell your doctor if you have a family member with health conditions. This history helps you and your doctor think about what health conditions could affect you in the future. Catching problems early boosts your chances of successful treatment.

## 03 AM I DUE FOR ANY CANCER OR HEALTH SCREENINGS?

Your age, gender, family history, and current health all play a role in what tests you may need. High cholesterol, high blood pressure, depression, certain cancers, and diabetes are just a few of the conditions that can be found through preventive care.

## 04 WHAT CAN I DO TO FEEL MY BEST?

Whether it's quitting smoking, weight loss, stress management, or other health tips, ask your doctor about your health concerns. Even if you've tried in the past to manage these issues, your doctor may have some fresh ideas or tips that could help. Or, if you're feeling great and in excellent health, talk about ways you can maintain healthy habits in the months and years ahead.



[HOME](#)

*Sources: Centers for Disease Control and Prevention, U.S. Department of Health and Human Services*



# Erectile dysfunction *facts*

Erectile dysfunction (ED) occurs when a man cannot get an erection or cannot keep an erection long enough to have sex. It can happen at any age but it is more common in men over the age of 75.

While it may seem like a symptom of aging, erectile dysfunction is not caused by the aging process. Instead, it may be a symptom of another health condition.



## CAUSES

- Diabetes
- High blood pressure
- Some prescription medications
- Alcohol and tobacco use
- Atherosclerosis (hardening of the arteries)
- Fatigue
- Stress, anxiety, or depression
- Stroke
- Low testosterone
- Chronic kidney disease
- Multiple sclerosis
- Injury to the penis, bladder, prostate, or pelvis
- Being overweight
- Emotional or psychological factors



## TREATMENT

Your doctor is the best resource to diagnose and treat ED. Proper treatment of ED depends on the exact cause. If a health condition causes ED, treatment to bring that condition under control may improve ED.

In the absence of a medical cause, it may be beneficial to explore psychological or emotional issues. Working with a licensed therapist can help.

### Other treatment options include:

- Medication such as Viagra or Cialis
- Testosterone replacement
- Devices that assist in getting and maintaining an erection
- Surgery

## PREVENTION

Some causes of ED are preventable. Protecting your overall health may decrease your chance of developing ED later in life.

Healthy habits may improve health issues such as being overweight, diabetes, high blood pressure, and atherosclerosis. Your doctor may recommend some of these healthy habits to address or prevent ED.

- Stop smoking
- Avoid excess alcohol intake
- Eat a healthy, balanced diet
- Maintain a healthy weight
- Be physically active