

JUNE 2023

# Your Health Matters

NEWSLETTER



Monthly newsletter brought to you by Brieden Consulting Group

## June is Men's Health Month!

In 2022, a national survey of approximately 1,100 men aged 18 and older revealed that 72% of them would prefer to do household chores than go to see a doctor. Even if it means *cleaning the bathroom*.

Though it's a small sample size, the results of the survey speak to a larger issue: men of all ages are potentially compromising their health by avoiding annual visits to the doctor's office. In honor of Men's Health Month, here's a list of things all men should do to stay physically and mentally well and keep their health in order:

**Exercise regularly.** Healthy adults should strive for a minimum of 150 minutes of moderate aerobic activity per week. According to the Mayo Clinic, the benefits of regular exercise go beyond looking good: physical activity helps increase testosterone levels, and lowers risk of certain types of cancer and cardiovascular disease.

**Take care of your mental health.** According to the American Foundation for Suicide Prevention, men die by suicide 3.5 times more often than women. Take action to improve your mind and body by meditating, taking walks, eating healthy, and regularly talking with your doctor.

**Don't skimp on cancer screenings.** This should be self-explanatory! You should perform regular checks and notify your physician of any unusual findings. Annual checkups are recommended for men ages 50 and older.

## About Us

We believe that living a healthy lifestyle is a key component to everyday life. We want to be able to provide you with useful updates and alerts to help you maintain good health for your body and mind.

The health plan through Brieden Consulting Group offers great coverage that is affordable to help you maintain your health and the health of your entire family.

Please keep an eye out for the "Your Health Matters" monthly newsletters that will be distributed to all employees.

## Our Benefits Broker

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# Important Men's Health Statistics

June is Men's Health Month - a time to raise awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Consider these statistics:

- 350,000 men die of cardiovascular disease each year.
- More than 700,000 men are diagnosed with cancer each year; 300,000 of those cases will result in death.
- 230,000 men are diagnosed with prostate cancer every year. It's the second leading cause of death in men.
- More than 60% of adult American men are overweight or obese.

To be clear: ignoring your medical problems won't make them go away. This month, let's work together to turn this trend around and create a cultural shift where men don't find it embarrassing or emasculating to seek out medical help. Just remember the basics that can help lead you to living a healthier and happier life:



Get more sleep.



Manage your stress.



Keep moving.



Quit smoking!



Drink more water!



Enjoy yourself!

## RECIPE OF THE MONTH

### ***Chicken and Snap Pea Stir Fry***

#### **Ingredients**

- 3/4 cup ranch
- 3/4 cup panko bread crumbs
- 3/4 cup grated parmesan cheese
- 3 tbsp. Worcestershire sauce
- 3 garlic cloves, minced
- 3 tsp. pepper
- 4 lbs. ground chicken
- 3 tbsp. olive oil
- 16 hamburger buns, split
- Optional toppings: tomato slices, lettuce, sliced red onion, sliced cucumber, sliced avocado, ranch dip



#### **Directions**

- Step 1: In a large bowl, mix first 6 ingredients. Add chicken, mix lightly but thoroughly. Shape mixture into 16, 1/2-in. thick patties. Brush both sides with oil; refrigerate, covered, 15 min. to allow patties to firm up.
- Step 2: Grill burgers, covered, over medium heat 5-6 min on each side or until internal temp. reads 165 degrees. Serve on buns with desired toppings.