

CGH Workplace Wellness Newsletter

June 2021

It's a Guy Thing

According to a survey conducted for the American Academy of Family Physicians, many U.S. men avoid the doctor. The survey included a list of possible reasons and the men could select more than one reason. Here are the results:

- I only go to the doctor if I am extremely sick: 36%
- I am healthy, I have no reason to go to a doctor: 23%
- I prefer to treat myself naturally: 12%
- I don't have time to go to the doctor: 12%
- I don't have health insurance: 11%
- I don't like doctors: 8%
- I am afraid of finding out that something is wrong with me: 7%
- I don't know of a good doctor in my area: 4%

In the survey, the men also rated their health. Nearly 80% said they felt they were in excellent, very good, or good health. But feeling fine doesn't always mean you're in tip-top shape.

For instance, someone who dodges doctor visits might not know whether their cholesterol or blood pressure is too high. Those problems don't have obvious symptoms and since high blood pressure is the number one cause of death among men in the United States, not knowing could have devastating consequences.



In addition to blood pressure there are several other screenings and exams that are recommended for men to avoid diseases and conditions that may not yet be causing symptoms. These include cholesterol, blood sugar, colorectal, and prostate screenings.

Men may be more likely to see their doctor if their wife or partner encourages them to do so. Start encouraging, ladies!

Upcoming Events

Sponsored by the
CGH Health Foundation

Thursday, June 3, 12:00 p.m.
Growing Healthier Series on
Facebook Live
"Men's Health"
Kevin Rogers, MSN, NP-C
CGH Urology Department

Friday, June 25
Community Cholesterol Screening
*Appointment and 12 hour fast
required. Call 815-625-0400, ext.
5716 to schedule.*

Weekly Facebook Live COVID
update with Dr. Bill Bird, CGH
Chief of Medicine
Thursdays at 12:00 p.m.

ByeBye20# Virtual 5K
*Join the CGH Health Foundation
for this event to wrap up our
healthy weight initiative. Anyone
can participate! Purchase a t-shirt
before Sunday, June 5 and
complete your walk or run
anytime between June 20 and
June 30. Find the event and
more information on Facebook.
Here is the link to order shirts:*

[https://
onestepatatime.itemorder.com/
sale](https://onestepatatime.itemorder.com/sale)

*Please note that videos of past
"Growing Healthier" programs are
available for viewing on the CGH
website under Education and
Resources tab.*

CGH 
Health Foundation
Your partner in good health

For questions regarding CGH Workplace Wellness services contact Sherry DeWalt; 815-625-0400, ext. 5716, or sherry.dewalt@cghmc.com
For questions regarding other services/projects the CGH Health Foundation offers please contact Joan Hermes, Executive Director;
815-625-0400, ext. 5672 or joan.hermes@cghmc.com or visit www.cghmc.com/foundation. CGH Health Foundation is a 501(C)3 corporation.