



## Community Health Coalition, Inc.

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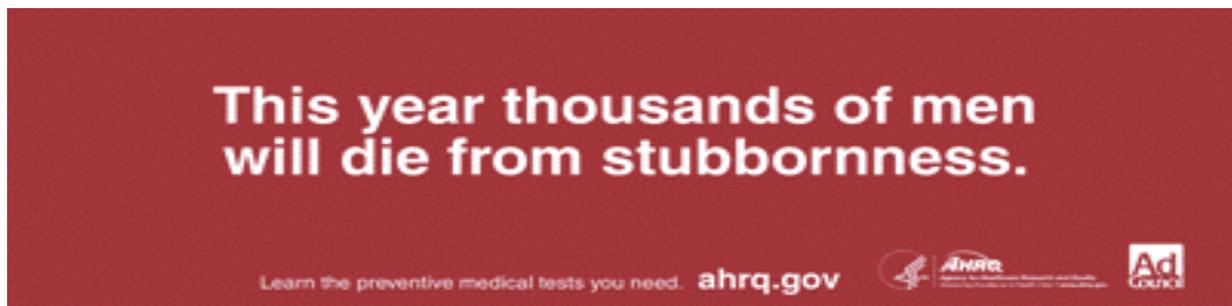


### **Healthy Sunday Topic: Men's Health & Medication Compliance**

#### **Men's Health**

The picture below was a billboard posted around the country and in the triangle area last year. Did you have questions like; Why thousands? If men can die from stubbornness, aren't they all doomed?

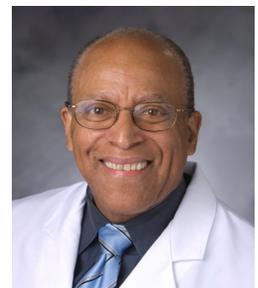
Did you notice the little message below it? "Learn the preventative medical tests you need. [AHRQ.gov](http://AHRQ.gov)."



The billboard was part of a U.S. Government Agency for Healthcare Research and Quality Department ad campaign targeted to get men to stop avoiding the doctor and to go and get the medical screening tests recommended each year, such as those for cholesterol, diabetes, high blood pressure, cancer and other illnesses.

According to research by AHRQ, 24 percent of the middle age men are less likely than women to have visited the doctor within the past year and 30 percent more likely than women to be hospitalized for preventable conditions such as congestive heart failure and complications from diabetes. With this in mind, it is important for mothers, wives, sisters, and daughters to encourage their male family members to see a doctor at least once a year to save more lives.

**Dr. Arnett Coleman, an Internist at Duke Primary Care Croasdaile states: " Screenings for cholesterol, diabetes, high blood pressure and cancer are important for early cancer detection. However, most changes in the prostate are not due to cancer. African American males are high risk for prostate cancer. After age 40, I urge African American men to ask their doctor about appropriate tests to check for the disease"**



**Arnett Coleman, MD**



**Dr. Brenda Jamerson, PharmD**

## Medication Compliance

Dr. Brenda Jamerson, PharmD from Campbell University states, “Tell your doctor or pharmacist about any side effects that you are experiencing. There may be changes that can be made with your regimen to help you take your medication safely”.

June 10- 14 is Men’s Health Week. Men, do not fear taking medications you may need due to side effects such as erectile dysfunction. Please tell your doctor or pharmacist if you experience a side effect that is concerning. It is highly likely that your doctor may be able to switch you to another medication to treat your condition that does not have the troubling side effect.

Nearly three in four Americans do not follow doctor’s orders for taking prescription medications, a problem that is associated with 125,000 patient deaths each year. More specifically, about two in five people fail to take any of their medications that are prescribed.

Men have a worse track record for not taking their medications compared to women. The reasons may be the affordability of medications. If that is the case, make sure that you inform your pharmacist since there are programs that can provide free prescription medications to those in need. If you experience side effects and stop taking a medication, you can inform your doctor and ask if he/she can adjust your dose, regimen or medication. If you forget to take your medication at times, then a helpful tip is to take your medications with things that you do every day such as eating meals. You may also ask your pharmacist to provide you a pill box.

### Remember Your ABCs

- A**sk your Pharmacist or Physician for help to understand proper use,
- B**e knowledgeable about your medications- their use and possible side effects, and
- C**omply with the instructions on when and how long to take the medication



**Health Tip** is a message from **Community Health Coalition, Inc.** and is written in partnership with Central Carolina Black Nurses’ Council Inc., The Interdenominational Ministerial Alliance of Durham and Vicinity, and Duke Regional Hospital.

***REMEMBER Healthy People 2020: A Clear Vision to Healthy Living!***