

## June 2020 Health Tips

### The Health and Life of Black Men Matter!



Dr. Edward J. Clemons Jr. DDS, PA  
Clemons Cosmetic Dentistry and Vice  
President, Board of Directors Of  
Community Health Coalition

June is Men's Health Month.

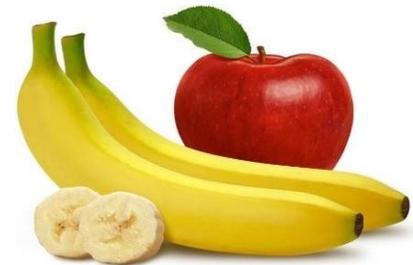
Dr. Edward Clemons says, "Men are usually the head of households and take on all that responsibility to care for and provide for their family. This month men need to focus primarily on themselves, so we are around to care for our family and loved ones."

#### Let's focus on these top three:

- **Fitness:** maintain a daily routine of physical activity



- **Nutrition:** eat a healthy diet



- **Health:** (includes complete physical, mental, and social well-being)

#### Focus on Fitness, Nutrition and Good Health to Help Prevent the Following Conditions:

- Prostate and Testicular Cancer
- Cardiovascular Disease
- Hypertension
- Diabetes
- Lung cancer
- Colorectal Cancer

**Good News!** Many of our health disparities can be prevented and treated by early diagnosis. Go talk to your physician about issues that you are having medically, or if your body does not function like it used to i.e., (erectile dysfunction) or if you feel stressed out, depressed, or suicidal.

## Medication Management:

“As men, we must also focus on managing our medications” says Dr. Darius Russell, PharmD & Clinical Community Pharmacist from Russell’s Pharmacy & Shoppe. “Don’t be afraid to ASK questions, Get to know your Pharmacist, and your medications.”



Dr. Darius Russell, PharmD

### Ask Questions



First, to be able to manage not only your medications effectively, but your health as well. You must be willing to ask your providers and pharmacist QUESTIONS! You must be your biggest advocate.

### Know Your Pharmacist

One of the most important factors that should help you decide where to get your medications filled should be your Pharmacist. As a patient, you want and need a Pharmacist who is knowledgeable and takes the time to talk with you about your medications.

### Know Your Medications

As you get older, you tend to need more medications. You should be able to understand why you are taking a medication, what the name is, what the strength is, and what if any or the side effects. Community Pharmacists can perform a Comprehensive Medication Review (formerly known as “brown bag”) to go over your medications with you. Pharmacists can also review your side effects, give you a list of your current medications, and even communicate with your Providers if there is a need for change in your medications.



## ABC’s to Good Health & Medication Management & Prevention of COVID 19:

Always wear face covering, allow space between people so not to spread disease, wash your hands and practice social distancing.

**B**uild a Great Relationship with your Pharmacist and Physician.

**C**are Enough about Yourself to Know your Medications.



### For More Information:

- COVID 19 Virus, go to: <https://www.ncdhhs.gov/> NC COVID-19 Hotline: (886)467-3821.
- Russell’s Pharmacy & Shoppe (919)908-1060 - 2116 Angier Ave, Durham, NC 27703
- Senior PharmAssist (919)688-4772 - 406 Rigsbee Ave, Suite 201, Durham, NC 27701
- [www.blackdoctor.org](http://www.blackdoctor.org)

### Please Donate to Community Health Coalition:

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**ADOPT Healthy People 2030! Be Safe!**