

JUNE 2021 HEALTH TIP

By Dr. Edward Clemons, Jr. DDS
Community Health Coalition
Board of Directors' Vice President

MEN'S HEALTH MATTERS

The COVID-19 Pandemic has affected so many things in our lives, and our health is one of the main things, especially men's health. Having to isolate ourselves by staying in has caused us to exercise less, perhaps gain a little weight, internalize stress, and our overall health conditions may have suffered.

The body will frequently try to relieve stress as we sleep by the grinding and gnashing of teeth, this however can lead to teeth cracking and possibly breaking, thus a mouth guard may be needed for nighttime use. Now that COVID-19 has subsided some, here are some things that I encourage you to do:

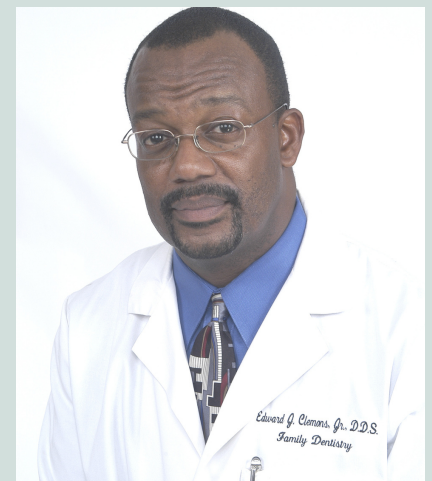
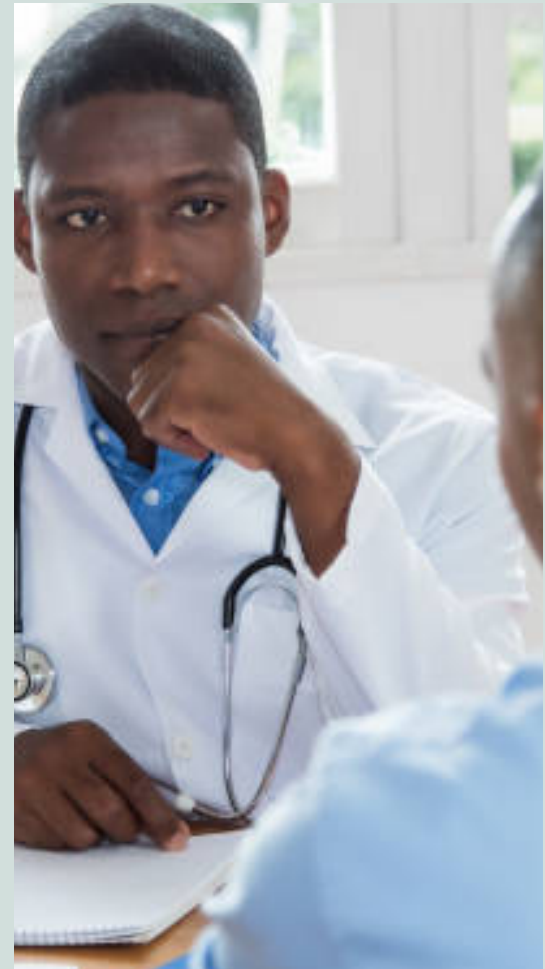
- See your physician for your regular check-up.
- Socialize a little more to release internal stress on your body and on your mental health.
- Get out and exercise more, go walking.
- Eat healthier. Eat more vegetables.
- See your physician for your annual physical.
- See your dentist for your annual dental checkup and cleaning.

We are social beings. Some men as head of the household may have been stressed internally. We also have a tendency to hold things in and not show our emotions.

OF COURSE, THIS IS ALL BASED ON US HAVING BEEN PROPERLY VACCINATED TO PROTECT OUR FAMILIES AND OTHERS!



*Improving the Health of Durham
& NC Communities since 1989*



Dr. Edward Clemons, Jr. DDS

MANAGING YOUR MEDICATIONS

by Dr. Darius Russell, PharmD
Clinical-Community Pharmacist & Owner
Russell's Pharmacy & Shoppe

Important tips to remember for managing your medications are:

- Get to know your pharmacist.
- Choose a pharmacist who will help you with your medication issues.
- Don't be afraid to ask questions.

"As men we tend to need more medication as we get older. We should be able to understand why we are taking a medication, what the name is, what the strength is and what, if any, are the side effects."



Dr. Darius Russell, PharmD

- Advocate for yourself and/or loved ones.
- Get to know your medications.
- Know why you are taking your medications.
- Accurately and effectively manage any medication issues.
- Consistently take your chronic medications regularly.
- Consider using adherence packaging (blister packing) if you have multiple medications.

Remember the ABCs

- Advocate for yourself.
- Build great relationships with your physician, dentist & pharmacist.
- Care enough to know your medications.

For More Information

- Senior PharmAssist (919) 688-4772
- www.blackdoctor.org
- Russell's Pharmacy & Shoppe at (919) 908-1060



Health Tip is a message from Community Health Coalition,
call 919-470-8680, email contact@communityhealthcoalition.com or
visit our website communityhealthcoalition.com for more information