



NEWS FLUSH



#SOUTHERNSTRONG

Hello Summer!! DON'T GET TICKED OFF

What You Should Know About Ticks & Lyme Disease

Lyme disease is an infection spread by the bite of ticks that causes more than 300,000 illnesses each year in the United States.

- **Prevention:** Use a tick repellents and wear light colored clothing when outside as it will make spotting ticks easier. Check for ticks daily and avoid areas with long grass.
- **I've been bit, now what?** Remove the tick using fine tweezers to grasp the tick close to the skin. Pull backwards gently but firmly to remove tick and then wash skin thoroughly with soap and water. Notify your provider ASAP.
- **Symptoms of Lyme:** Skin rash (sometimes shaped like a bullseye), Fatigue Fever, Chills, Headache, Muscle/Joint Pain, & Swollen Lymph Nodes.



Health Services is here to help you maintain your health!

We are available for telephone consultations and video conferencing.

To make an appointment, log into your patient portal using your SCSU credentials.

Men's Health Awareness Month



Men vs. Women

In comparison to women, men are least likely to pay attention to their health.

- Statistics show men are more likely to
- Drink and Smoke
 - Make unhealthy or risky choices
 - Put off regular and screening health appointments.

Most Common Men's Health Threats

- Heart Disease
- Cancer
- Un-intentional Injury

Monthly Examinations

- Important monthly examinations include:
- Testicles – to find any lumps in early stages
 - Skin – look for any changing moles or lesions.

Testicular Cancer

- Mostly found in ages 15 years old to 44 years old.
- With early diagnosis testicular cancer be cured with treatment reducing risk of death from late detection.

Symptoms of testicular cancer include

- Painless lump in the testicle(s)

Testicular Cancer Cont...

- Swelling of the testicle(s) with or without pain.
- Changes or tenderness in the male breast tissue.

Men should perform monthly testicular exam looking for any changes to their testicle(s) and contact their health care provider for follow up!!

Wear Blue Day 2020!!

Show your support for Men's Health by wearing blue on Friday, June 19th

Help raise awareness to men's health by promoting regular check ups, routine screenings and healthy lifestyles!



****For Information regarding the latest updates on COVID-19 visit <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>****

