

**JUNE 2003: Topic: Men's Health****Who Won Last Year's Baseball World Series?**

The majority of men can quickly tell you the team that won last year's Baseball World Series, and they can fix that leaky faucet in two minutes flat. If their car engine is making a ticking noise, you and your neighbors will see them under the "the hood" trying to diagnose/repair the problem. However, these same men may also suffer with heartburn for months without seeing a doctor. Where has that proactive "fix-it" attitude gone??? All kidding aside, this month's topic is one that has not received as much attention in the media as women's issues but that is equally important...*Men's Health*.

Baseball Answer: Anaheim Angels

**MEN - Take Charge of Your Health!**

The truth is that men need to be as aware as others of what signs to look out for that need attention/advice immediately – not after they have endured three months of increasing pain and discomfort in the vain belief that "it will be okay tomorrow"! Think of the advice on *Time Management* – "tackle problems when they are small and take less time and effort to fix." This is especially true when it comes to your health.

Our intent is not to scare you, but to make you aware that men need to be as observant of unusual changes in their bodies just as women have been encouraged to do over many years. Know the warning signs for problems and how to perform self-examinations (in regards to checking for the onset of prostate, testicular, or male breast cancer).

You can take charge of your health by getting a complete physical exam each year and having preventive health/cancer screenings as advised by current medical guidelines and your doctor. We encourage you to read the "Get Smart About Testicular Cancer" brochure, separately attached.

Take charge and get educated on all Men's Health subjects - don't bury your head in the sand or under the hood of the truck!!

Longevity Gaps Between Men and Women

Although men are living longer these days, women still outlast them by at least five years! As one expert puts it, "You've come a short way, buddy." Recent surveys indicate the longevity gap continues because most men are not as educated about their bodies and do not see the doctor for unusual symptoms or get regular checkups as often as women do.

Tips for Making Healthy Changes

The *American Dietetic Association* recommends that men:

- Eat moderate amounts of a variety of foods
- Choose a diet low in fat, saturated fat and cholesterol
- Eat plenty of whole grains, fruits and vegetables
- Be cautious about sweets that offer few nutrients for the amount of calories consumed
- Shake the sodium and salt habit
- Enjoy a variety of activities for daily exercise and to reduce stress (i.e., bicycling, yoga, tai chi, walking, golf, swimming, tennis, aerobics)

For the latest information regarding Men's Health, refer to the following:**Websites:**

www.malehealthcenter.com
www.menshealthnetwork.org
www.health.msn.com
www.intelihealth.com
www.eatright.org

**Magazines At Your Local Newsstand:**

Men's Fitness

Men's Health

June 16 Issue of Newsweek

(The focus is: "Men's Minds, Men's Bodies – a Special Report on the Latest Advances in Men's Health").

Prostate Cancer Prevention Tips

The *American Dietetic Association* suggests that the following tactics may help prevent prostate cancer:

- Annual screenings for men over the age of 50
- Don't overlook pain
- Eat more sweet potatoes, avocados, nuts, soybeans and tomatoes
- Consume more seafood and less beef
- Maintain a healthy weight

Kidde Challenge Highlights

More achievements to date are as follows:

- Kidde Fire Fighting (Angier)'s *Weight Loss* Team, comprised of 12 employees, has lost 116 pounds
- Detector Electronics' *Smoking Cessation* Team, comprised of 10 employees, has 6 members who completely quit the habit by their April 7 "quit" date

Kidde Aerospace has taken the Kidde Challenge a step further to encourage steady exercise programs. Their five *Fitness Teams* are "racing" one another in a simulated trek to all Kidde companies around the U.S. Each team member records his/her weekly exercise in terms of mileage, which is then totaled by team. A U.S. map in the cafeteria tracks each *Fitness Team's* simulated progress around the country.

The following is a breakdown of their total exercise hours in terms of mileage:

Fitness Team:	Kidde Aerospace Participants:	Total Mileage to Date:
# 1	10	1,261.80
# 2	10	495.50
# 3	11	1,539.20
# 4	10	754.06
# 5	11	1,370.63



Showing their winning style and their FSS coffee mugs are team members (front row): Barbara Deans, Bonnie Couch, Melissa Vaughan, and Wendy Whitley. Second row: Becky High. Back row: Tom Ramsey, Kathy Clanton, Kathy Barnes, Debbie Levy, Brent Ehmke, and Marlana Rodriguez.

Kidde congratulates all these individuals for their efforts and wishes all our Kidde Challenge teams continued success!



In the Spotlight

The *Kidde Family Health and Safety Fair*, held on Sunday, June 8 in Ashland, MA, was a huge hit with employees and their families of Kidde-Fenwal, Fenwal Safety Systems, and Kidde plc Inc. Families enjoyed the many health educational exhibits and screenings, safety programs, children's activities, raffle prizes and giveaways. We are happy to report that there were even long lines for the healthy-style barbecue food! The local band *Impaired Visionaries* entertained the crowd throughout the day (with Phil Mongada, Kidde-Fenwal Human Resources Director, on electric guitar!).

Looking Ahead to Our Next Newsletter

July's topic will be *Physical Fitness*. We will continue to provide updates on team progress.

