

## FATHER'S DAY – DAD JOKES

By Alex Sprenkle; Wellness Account Manager, CHES - Wellworks For You

As Father's Day approaches, many of us are celebrating fathers and father-figures in our lives with gifts, cards, and heartfelt gestures.

But in honor of this special day, Wellworks would also like to celebrate one of the most universal, loved-to-hate qualities of dads everywhere: their jokes!

Dad jokes can make us cringe, but also show us that a terrible joke is sometimes a great way to show someone you care about their happiness. Really, what is more selfless than embarrassing yourself with a truly horrible joke, just to make someone else smile? Nothing!

This year, treat the fathers in your life to a taste of their own humor (and show them you care) with some awful dad jokes just for them:

**Why didn't the skeleton go to the party?**

He had no body to go with.

**How many apples grow on an apple tree?**

All of them.

**Why did the banana go to the doctors?**

He didn't peel well.

**Why did the morning coffee taste like mud?**

It was fresh ground.

**What did the beaver say to the tree?**

It's been nice gnawing you.

**Why did the man get fired from the calendar factory?**

He took too many days off.

**Want more dad joke inspiration? Check out #dadjokes on social media, or #funnytweets on Twitter.**

# JUNE

## HEALTH OBSERVANCE

June 1 – June 30

## MEN'S HEALTH MONTH!

By Megan Tomlinson; Wellworks For You Wellness Coordinator

There are various types of screening tests that are important and critical for understanding your overall health. However, there are specific tests for the male population that can assist in the early detection of disease and prevention of various conditions. Outlined below are examples of the most popular tests for males.

**Prostate Exam Screening** – Generally, the discussion of a prostate exam begins around the ages of 45-50 years old for adult males. Ensuring that you complete your prostate exam by the age of 50 on a regular basis is extremely important for males. After skin cancer, prostate cancer is the most prevalent type of cancer found in men. Prostate cancer tends to be slow growing, however there are types of prostate cancer that grow rapidly. Therefore, completing a prostate exam will assist in possible early detection, sometimes before any symptoms arise. Early detection capabilities can aid in a quicker treatment plan, and if possible, remission, for the patient.



**Blood Pressure Screening** – Males should be tested every 1-2 years depending on their most recent blood pressure results. Should an elevated blood pressure screening result come back, the patient is at an increased risk for heart disease and stroke. Results can be reviewed with your primary care physician, and patients are encouraged to review results with their doctor should they go off-site of the office for their routine screenings.

**Colorectal Screening** - Men from 50-75 years old should consult with their physician in regards to the frequency of a colorectal screening. There are various methods of screening that your physician may recommend based on your needs. During these screenings, your doctor will be able to find polyps before they become cancerous. If you have a strong family history of colorectal cancer or polyps, have a personal history with inflammatory bowel disease (IBD), or have a family history of a hereditary colorectal cancer syndrome, you will want to inform your physician to ensure you are being proactive in your screening approach.

**Mental Health** - Six (6) million men per year are affected by depression. The top five (5) mental health cases in men include depression, bipolar disorder, psychosis, schizophrenia and eating disorders. Men are able to seek help in a variety of methods; however, men are also less likely to seek treatment than women due to a multitude of factors including downplaying symptoms, reluctance to talk, and adhering to social norms. As always, should you feel any symptoms of depression, anxiety, bipolar disorder, etc. it's recommended to speak with a physician.

There are many online resources as well, including the Wellworks For You WellBalance program. Our WellBalance Program focuses on the overall mental wellbeing of individuals. The program consists of a 10-month journey through various components that aid in mental wellbeing. WellBalance encompasses four (4) mini segments unified around the pillars of health and wellness. For more information contact Wellworks For You at sales@wellworksforyou.com.

## Did You Know?

**Mental health is one of the most stigmatized issues affecting men.**

Many men—perhaps more than we think—struggle with their mental health and the stigma that surrounds it. The American Psychological Association reports that 30.6% of men have suffered from depression in their lifetime. Again, men's hesitation to seek care may be worsening this issue.

# SKIN HEALTH

Kristin Ippolito, Direct Partner Manager - Wellworks For You

Did you know that your skin is your body's largest organ? Which means it's important to get serious about your skin health. As your body's first line of defense, your skin protects your body in many ways. It acts as a natural barrier between you and the outside world, preventing bacteria and other environmental hazards from accessing internal organs. Understanding how to better maintain your skin health will go a long way towards general wellbeing.

Your skin reveals a lot about your overall health. An itchy rash may point to a new allergy. A new spot may indicate underlying health issues. As a rule of thumb, any new spot that appears on your skin is reason for closer inspection. Dark lesions that are new or growing could be an early sign of melanoma, which is the most dangerous form of skin cancer. However, when detected early, melanoma is almost always treatable. Luckily, there are ways to take care of our skin on a regular basis.

Sunscreen is a powerful weapon against skin cancer. Apply your sunscreen (at least SPF 30) even during the winter months and wear hats or other protective clothing when appropriate. Also, don't forget to hydrate and eat well! Drinking at least eight (8) glasses of water daily is a great way to moisturize your skin and clear out dangerous toxins. What you eat is just as important as the products that you put on your skin. For example, lycopene, the pigment responsible for giving tomatoes their deep red color, is thought to play a role in protection against UV damage.

At some point in our lives, we will all have trouble with our skin. Leading a healthy lifestyle and scheduling an annual visit to your dermatologist will help you to maintain proper skin health.

#### Source:

- <https://newsinhealth.nih.gov/2015/11/keep-your-skin-healthy>,
- <https://www.medicalnewstoday.com/articles/320071>



## Featured Recipe

### Ham & Cheese Breakfast Casserole

6 Servings

#### INGREDIENTS

- 4 large eggs
- 4 large egg whites
- 1 cup nonfat milk
- 2 tablespoons dijon mustard
- 1 teaspoon minced fresh rosemary
- 1/4 teaspoon freshly ground pepper
- 5 cups chopped spinach, wilted
- 4 cups whole grain bread, crusts removed if desired, cut into 1-inch cubes (about half pound, 4-6 slices)
- 1 cup diced ham steak (5 oz.)
- 1/2 cup chopped jarred roasted red peppers
- 3/4 cup shredded Gruyère (Swiss) cheese

#### NUTRITION

Per serving: Each serving contains about 286 calories; 10 g fat (4 g sat, 3 g mono); 167 mg cholesterol; 23 g carbohydrates; 23 g protein; 4 g fiber; 813 mg sodium; 509 mg potassium.

Source: [www.eatingwell.com](http://www.eatingwell.com)

#### DIRECTIONS

1. Preheat oven to 375 °F. Coat a 7-by- 11-inch glass baking dish or a 2- quart casserole with cooking spray.
2. Whisk eggs, egg whites and milk in a medium bowl. Add mustard, rosemary and pepper; whisk to combine. Toss spinach, bread, ham and roasted red peppers in a large bowl. Add the egg mixture and toss well to coat. Transfer to the prepared baking dish and push down to compact. Cover with foil.
3. Bake until the custard has set, 40 to 45 minutes. Uncover, sprinkle with cheese and continue baking until the pudding is puffed and golden on top, 15 to 20 minutes more. Transfer to a wire rack and cool for 15 to 20 minutes before serving.



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