



Men's Health Week is observed every year during the week of Father's Day.

Routine examinations can prevent many health issues!

Real Men Know the Facts

Whether it's time for you to get a blood test or that test, you're not just doing it for yourself. You're doing it for your family and loved ones, because Real Men Know the Facts:

- * One in 5 American men has heart disease.
- * One in 3 American adults has high blood pressure.
- * Three in 4 American men are overweight.
- * Nine in 10 lung cancer deaths are caused by cigarette smoking.

The single most important way you can take care of yourself and those you love is to actively take part in your health care. Educate yourself on health care and participate in decisions with your doctor-even if it means wearing an examination gown!

Important Screenings for Men

- ⇒ **Obesity**-have your body mass index calculated (BMI)
- ⇒ **High Cholesterol**-have this checked regularly starting at age 35
- ⇒ **High Blood Pressure**-have this checked at least every 2 years. High blood pressure is 140/90 or higher.
- ⇒ **Colorectal Cancer**-have a screening starting at age 50.
- ⇒ **Diabetes**-have a test for this if you have high blood pressure or high cholesterol.

There are other tests that your physician may order if you have certain family histories or are at high risk for certain medical problems.

Source: www.ahrq.gov

Visit the Faith Nurse table for more information on these screenings, healthy diet information, Lab Direct and much more!



You can have lab work done 24 hours a day 7 days a week at Twin County Regional Hospital's Laboratory. Lab Direct is a program where you can choose the tests you want to have for a small fee. If you would like more information on Lab Direct, please call

276-236-1690.

No physician's order required!



LabDirect
of Twin County Regional Hospital



Tracy Farmer, RN, BSN, CDE
 PO Box 70
 Galax, VA 24333
 (276) 233-5231
 (276) 238-1815 fax
 tfarmer@tcrh.org



The Faith Community Nursing program was started in October of 2008 as an outreach of Twin County Regional Healthcare (TCRH) in Galax. The Faith Community Nursing program is just one way TCRH fulfills its mission to promote, preserve and restore the health of our community.



Let all that I am praise the LORD; may I never forget the good things he does for me. He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies.

Psalm 103: 2-4 (NLT)



Carroll/Galax Relay is Friday night, **July 23rd** at CCHS
Grayson Relay is Friday night, **July 30th** at GCHS
 Come out for fun, food, fellowship and an unforgettable night of honoring and remembering those who have battled cancer.



National Cancer Survivors Day® is Sunday, June 6

America's over 11 million cancer survivors will join survivors around the world in observing the 23rd annual National Cancer Survivors Day® on Sunday, June 6. Hundreds of communities throughout North America will host events on this day to celebrate life and demonstrate that life after a cancer diagnosis can be meaningful and productive. The contributions of the families, friends, researchers, and healthcare providers who support cancer survivors will also be recognized. Take time to recognize a cancer survivor on this day. Continue to remember in prayer the survivors and those who are still bravely battling this disease.

A Praying Father

A minister concluded his sermon one Sunday by saying, "If there's someone here who wants help in getting to know God, and you would like me to pray for you, please raise your hand." A young man stood up and said, "Please pray for me, sir. The burden of my sin is too heavy to bear." After the service, the minister talked with the man and led him to faith in Jesus. The young man had been wandering around the country for 8 years without contacting his parents, so he decided to write to them and tell them about the change in his life.

Several days later, a reply came from his mother: "My dear son, you must have accepted Jesus Christ at the same hour your father went home to heaven. He had been sick for a long time, and that day he was very restless. He tossed from side to side on his bed, crying out, 'Lord, please save my poor, wandering boy.' I'm sure that one of the reasons you became a Christian was Dad's unceasing intercession."

A praying father will "ask," "seek," and "knock" in behalf of his children, persistently trusting his wise heavenly Father to do what is best (Matthew 7:7-11). Let's thank God today for faithful fathers who never stop praying for their children. — Henry G. Bosch

Happy Father's Day!

Blessings,

Tracy