

June 2018 – Million Hearts® Messaging

Men's Health Month and Father's Day make June the perfect time for health care providers and family members to have heart-to-heart conversations with Dad about how he can manage any heart disease risk factors that he may have.



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June's Focus

June is the perfect month to focus on the men in your life. That's because it's Men's Health Month and June 17 is Father's Day. This year, give Dad something better than another tie. Health care providers and family members should make time to have heart-to-heart conversations with Dad about how he can manage any heart disease risk factors he may have. Simple changes, such as taking medication as prescribed, eating healthy, getting regular

exercise, and quitting smoking can make a big difference in improving Dad's health. Remind him that strong men put their health first.

Did you know?

- Heart disease is the leading cause of death for men in the United States, responsible for 1 in every 4 male deaths.
- Heart disease is the leading cause of death for men in most racial/ethnic groups in the United States, including blacks, American Indians, Hispanics and whites. For Asian American and Pacific Islander men, heart disease is second only to cancer.
- Between 70 percent and 89 percent of sudden cardiac events occur in men.
- Half of the men who die suddenly of coronary heart disease have no previous symptoms.

High blood pressure, high LDL cholesterol and smoking are key risk factors for heart disease and about half of Americans (49 percent) have at least one of these conditions. That's why it's critical for health care providers and family members to have a heart-to-heart conversation with Dad about any heart disease risk factors that he may have. Talk to him. Help him make a plan to take his medication, eat heart healthy, exercise regularly and/or quit smoking.

Monthly Calendar

June 1-7, 2018 – CPR and AED Awareness Week ([American Heart Association](#))

June 4-10, 2018 – World Heart Rhythm Week ([Arrhythmia Alliance](#))

June 11-17, 2018 – Men's Health Week ([Men's Health Network](#))

June 17, 2018 – Father's Day!

June 27, 2018 – Million Hearts® Collaboration Webinar on Community-Clinical Linkages Toolkit

June 2018 – Men's Health Month ([Men's Health Network](#))

June 2018 – National Fresh Fruit and Vegetable Month ([American Heart Association](#))

June 2018 – Alzheimer's and Brain Awareness Month ([Alzheimer's Association](#))

Social Media Messages

Channels to follow and re-tweet or share

Twitter: <https://twitter.com/millionheartsus> (@MillionHeartsUS)

Facebook: <https://www.facebook.com/millionhearts>

Hashtags to use: #HealthyIsStrong #MensHealthMonth #HeartToHeart

Twitter

During Men's Health Month, have a #HeartToHeart with Dad about lowering his risk for heart disease. These conversation starters can help: <https://bit.ly/2kn5zdu>

Heart disease is the leading cause of death for men in the U.S. This Father's Day, talk to the men in your life about their heart health. <https://bit.ly/2L6Jcn4>

Health care providers, listen up! June is #MensHealthMonth and Father's Day, making it the perfect time to talk to patients about reducing risk factors for heart disease. [Image #1]

Health care providers, honor #MensHealthMonth by talking to your patients about their #BloodPressure. 6 important questions you should ask: <http://bit.ly/2j1V7pc>

This Father's Day, skip the tie and give Dad the gift of health. Tips for starting & staying active: <http://1.usa.gov/1VXzExd>

Strong men put their health first. Honor #MensHealthMonth by keeping track of your progress with this Personal Health Progress guide from @MillionHeartsUS: <https://bit.ly/2H2FJn0>

Facebook

Heart disease is the leading cause of death for men in the United States, responsible for 1 in every 4 male deaths. During Men's Health Month, have a heart-to-heart conversation with the men in your life about lowering their risk for heart disease. Get Mom on your side. These conversation starters can help: <https://bit.ly/2kn5zdu> [Image #1]

Health care providers, listen up! June is Men's Health Month and Father's Day, making it the perfect time to talk to patients about reducing risk factors for heart disease. Start by talking to your patients about their blood pressure. Here are six important questions you should ask: <http://bit.ly/2j1V7pc>

This Father's Day, skip the tie and give Dad the gift of health. Remind him that strong men put their health first: <https://bit.ly/2L6Jcn4> [Image #2]

Social Media Images

Image #1



Image #2

A stroke can strike at any age.

Make healthy
lifestyle choices to
lower your risk.



Sample Newsletter Article

Have a heart-to-heart with the men in your life about heart disease

Heart disease is the leading cause of death for men in the United States, responsible for one in every four male deaths.

That's why Men's Health Month and Father's Day on June 17 make June the perfect time for health care providers and family members to have heart-to-heart conversations with Dad about heart disease. This conversation is way more important than another tie.

High blood pressure, high LDL cholesterol and smoking are key risk factors for heart disease and about half of Americans (49 percent) have at least one of these conditions.

Talk to him about how he can manage any heart disease risk factors that he may have.

Simple changes, such as taking medication as prescribed, eating healthy, getting regular exercise, and quitting smoking can make a big difference in improving Dad's health.

Help him make a plan reduce his heart disease risk factors. When men take care of their heart health, they are taking care of their families too. So this Father's Day, ask Dad to thank you for his gift by taking care of his heart.

Remind him that strong men put their health first.

Million Hearts® Partner Resources

American Heart Association (AHA)

[Steps Men Can Take to Improve their Health](#)

[Men's Health Month: Personal Stories and other Links](#)

Cardio Smart: American College of Cardiology

[Heavy Drinking Increases Heart Risks in Men](#)

[Physically Demanding Jobs Increase Heart Disease Risk](#)

Preventive Cardiovascular Nurses Association

[Cholesterol: What You Need to Know - Fact Sheet](#)

[Patient Booklet: How do you measure up?](#)

American Medical Association

[Preventing Heart Disease](#)

American Pharmacists Association

[Men's Health: We Need to Talk](#)

Million Hearts®

[Healthy is Strong campaign](#)

[Personal Health Progress Guide](#)

[How to talk to your health care provider about heart disease](#)

Centers for Disease Control and Prevention

[Men and Heart Disease Fact Sheet](#)

[Heart Health and Depression: What Men Need to Know](#)