

Family & Community Health

Healthy Lifestyle

June 2024

Texas A&M AgriLife
Extension Service
Starr County
Family & Community
Health

Welcome to the June 2024 issue of "Healthy Lifestyle". This is a monthly newsletter with healthy tips, recipes, and information on the Family & Community Health programs of the Texas A&M AgriLife Extension Service in Starr County.



June is MEN'S Health Month

June marks the annual observance of Men's Health Month, a national campaign aimed at increasing awareness of preventable health problems and encouraging early detection and treatment of illness among men and boys. This Men's Health Month, we want to encourage all of our male friends and community members to prioritize their own well-being by learning more about important health issues, knowing risk factors and symptoms to watch out for, and speaking with your doctor about appropriate screening recommendations.



Eat Well for Life

Pad Thai Egg Rolls

Looking to roll up something different for Dinner Tonight? Try out Pad Thai Egg Rolls, they fry up perfectly in an air fryer and provide a nice crunch to your dinner. The family will surely enjoy this “twist” on a traditional favorite.

[click below for the Recipe:](#)
[Pad Thai Egg Rolls](#)

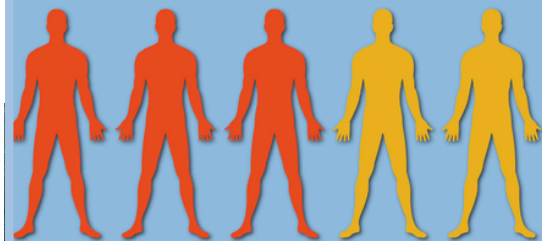


MEN'S HEALTH 101

Because having the conversation can save your life!




*Don't wait any longer.
Take control of your health!*

DID YOU KNOW?









Only 3 OUT OF 5 men get a yearly check up

IF AT NORMAL RISK, GET SCREENED FOR:

-  **BLOOD PRESSURE**
should begin at 20 years old
-  **CHOLESTEROL**
should begin at 20 years old
-  **DIABETES**
should begin at 45 years old
-  **OSTEOPOROSIS**
should begin at 50 years old
-  **PROSTATE CANCER**
should begin at 50 years old
-  **COLON OR RECTAL CANCER**
should begin at 50 years old

IMMUNIZATIONS

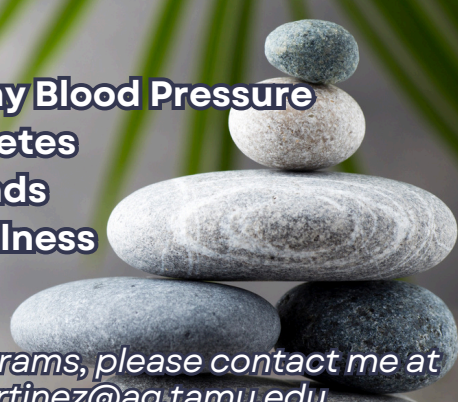
-  **FLU SHOT**
every year
-  **HPV VACCINE**
recommended after age 10
-  **TDAP VACCINE**
after age 19, recommended every 10 years
-  **SHINGLES VACCINE**
recommended at age 50
-  **PNEUMONIA VACCINE**
recommended at age 65
-  **VARICELLA VACCINE**
if born after 1980 and never had chickenpox, the varicella vaccine is recommended



Family & Community Health Programs

- **Cooking Well for Healthy Blood Pressure**
- **Cooking Well with Diabetes**
- **Cooking Well with Friends**
- **Stress Less with Mindfulness**
- **Walk Across Texas**

For more information on our programs, please contact me at 956-487-2306 or neida.martinez@ag.tamu.edu



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