

Little

affected by movement. The amount of activity and the intensity of the activity is still not set in stone. The old adage “move it or lose it” comes to mind.

Recently, I participated in the annual FORE! Kids golf scramble fundraiser. My son-in-law and teammate, Adam, became my designated ball finder. The last time I played was another fundraiser over two years ago.

My game has not changed much in those years. I was lucky enough to win the putt-off for a try for \$5,000 but, as you may have guessed, I missed the putt. Adam plays more than me and scored a KP on hole number 3.

Golf is a favorite activity for retired individuals (not me), although Tiger Woods has been swinging his

club since he was 3 years old.

On Sunday following the golf tournament, Adam took three of his children fishing. Miles, age 5, Emerie, age 4, and Hattie, almost 3, all fished. My deceased friend and bridge partner, Marilyn, went fishing two times a week on the Siuslaw River at the young age of 88; fishing certainly has no age limits on participation and is definitely a lifetime activity.

A third common lifetime sport/activity is bowling. I have pictures of my children trying to guide the ball down one of the Holiday Bowl lanes. Fortunately for us, the manager had placed gutter guards to prevent 20 possible gutter balls.

There are leagues formed for all ages and bowling can definitely last a lifetime. However, I admit I would need those gutter guards in place to improve my scores.

As I mentioned early on, many

sports are not for a lifetime. Most contact sports start later in life and end much sooner than non-contact activities. It’s a good idea to get away from our technology screens (TV, computer, iPads, phones, etc.) during the week.

Many P.E. programs today piggy back on team sports with classes often taught by P.E. certified coaches. Their activities often follow along with the sport that’s in season. In 2004, I taught a year-long P.E. class titled “Lifetime Sports,” during which students participated in handball, racquetball, pickle ball, tennis, golf, bowling, swimming, frisbee golf, juggling and hacky sack.

Many local businesses and facilities were used during the class and block days allowed time for us to swim at the Mapleton Pool, bowl at Holiday Bowl, hit golf balls at Sandpines’ (now Florence Golf

Links) driving range, use the 35th Street tennis courts, travel and play at the Pitch and Putt south of town, and of course the fields and track behind Siuslaw High School.

For one wall handball and racquetball, I taped court dimensions on the auxiliary gym floor and lines on the walls. Hula hoops were used for targets in the Frisbee golf unit. To practice tennis strokes, I used track hurdles placed on the track and high jump runway. The goal was to introduce unfamiliar yet common activities potentially to be carried on after their graduation from Siuslaw High School.

There are many factors determining which activity or sport a young person might participate in.

Many choices are parent choices.

When Mom and Dad show interest in a particular sport, the enthusiasm for the sport can transfer to the child. Money can also play

a factor as some sports may cost much more than others, and currently the safety and risk of injury is altering many sport choices.

The dream of professional sports and the huge sums of money being made by athletes today has altered the landscape of sports and participation.

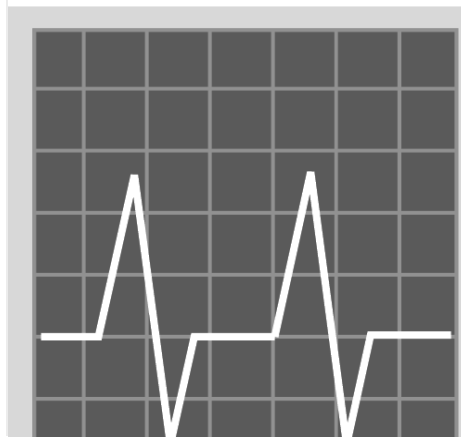
Many may want to reach that level of athletic success but, truth be told, very few make it. In the end, it’s wiser to pick an activity you can enjoy with family and friends rather than in hopes of achieving fame and fortune.

As we age our ability to remain active diminishes. Eventually, we need to select activities that can fulfill our movement as well as our competitive needs, whether it be golfing, fishing, bowling or hiking. For me, it’s walking and playing bridge. Oh, and golf next year...

HEALTH FACTS

FROM THE CDC:

Men die at significantly higher rates than women from the top 10 causes of death, plus, men are the victims in over 92% of all workplace deaths. In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost six years earlier than women.



national MEN'S HEALTH

MEN'S HEALTH CHECKLIST

CHECKUPS AND SCREENINGS	WHEN?	AGES		
		20-39	40-49	50+
PHYSICAL EXAM: Review overall health status, perform a thorough physical exam and discuss health related topics.	Every 3 years Every 2 years Every year	✓	✓	✓
BLOOD PRESSURE: High blood pressure (Hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	✓	✓	✓
TB SKIN TEST: Should be done on occasion of exposure or suggestive symptoms at direction of physician. Some occupations may require more frequent testing for public health indications.	Every 5 years	✓	✓	✓
BLOOD TESTS & URINALYSIS: Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years Every 2 years Every year	✓	✓	✓
EKG: Electrocardiogram screens for heart abnormalities.	Baseline Every 4 years Every 3 years	Age 30	✓	✓
TETANUS BOOSTER: Prevents lockjaw.	Every 10 years	✓	✓	✓
RECTAL EXAM: Screens for hemorrhoids, lower rectal problems, colon and prostate cancer.	Every year	✓	✓	✓
PSA BLOOD TEST: Prostate Specific Antigen is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your physician.	Every year		*	✓

CHECKUPS AND SCREENINGS	WHEN?	AGES		
		20-39	40-49	50+
HEMOCCULT: Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every year		✓	✓
COLORECTAL HEALTH: A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 years			✓
CHEST X-RAY: Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Discuss with a physician		✓	✓
SELF-EXAMS: Testicle: To find lumps in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth. Breast: To find abnormal lumps in their earliest stages.	Monthly by self	✓	✓	✓
BONE HEALTH: Bone mineral density test. Testing is best done under the supervision of your physician.	Discuss with a physician			Age 60
TESTOSTERONE SCREENING: Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.	Discuss with a physician		✓	✓
SEXUALLY TRANSMITTED DISEASES (STDs): Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia and other STDs.	Under physician supervision	✓	Discuss	

*African-American men and men with a family history of prostate cancer may wish to begin prostate screening at age 40, or earlier.

Florence, Oregon

Us TOO Florence

Prostate Cancer Education/Support on the Oregon Coast

www.ustooflorence.org

BOB HORNEY,

CHAPTER LEADER/FACILITATOR

Us TOO Florence has two monthly meetings for your convenience:

- **Tuesday Evening Group (2nd Tuesday)**
5-7 p.m. - Presbyterian Church of the Siuslaw
Urologist Dr. Bryan Mehlhaff, M.D. attends.

- **Tuesday Lunch Bunch (3rd Tuesday)**
12 noon - 1:00 p.m. - Ichiban
Urologist Dr. Roger McKimmy, M.D. attends.

Contact Bob for more information:
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- Check out our Personal Prostate Cancer Journeys, slideshows and other information on our website.
 - A prostate cancer diagnosis is not needed to attend.
 - Spouses/family members are encouraged to attend.
 - Bring questions/records - get answers
 - Someone to talk to - who understands.
- www.ustooflorence.org

MEN... GET IT CHECKED!

(Refer to the checklist on this side.)

The Men's Health Network provides this maintenance schedule for men as a reminder of your need to take responsibility for safeguarding your health. **Regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability.** You should consult your health care provider about the benefits of earlier screenings, especially if you are a member of a high risk group or have a family history of disease.