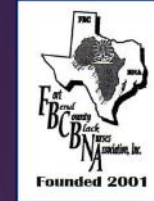
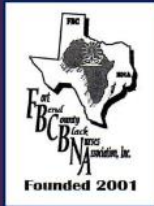


# Annuals Breakfast with the Brothers

Sponsored by Fort Bend County Black Nurses Association



**Topic: Self-Management Tips To Care For Your Health**

**Speaker: Dr. Cynthia J. Hickman, Your Proactive Caregiver Advocate-Nurse Educator & Author**

June 11, 2021

9:30 AM-1:00 PM

*EINITA McClain Women's Center, Inc.*

*2223 Arbor St.*

*Houston, Texas 77004*

NO



Meet my brotherman...Joey!



# Objectives

- ❖ Discuss the importance of self-management for health and wellness.
- ❖ Discuss health issues that require Self-Management.
- ❖ Highlight four health conditions: heart disease, diabetes, cancer, and mental health
- ❖ Discuss self-management strategies
- ❖ Reflection/Summary/Conclusion
- ❖ Questions



# Self-Management... Defined

**Management** of **oneself**; the taking of **responsibility** for one's own **behavior** and **well-being**.

Oxford Dictionary, 2022

# Why is Self-Management Important?



Taking **control** of physical and mental health can reduce costly and life-threatening health issues.

# Knowing vs. Doing!

## Knowledge



## Behavior



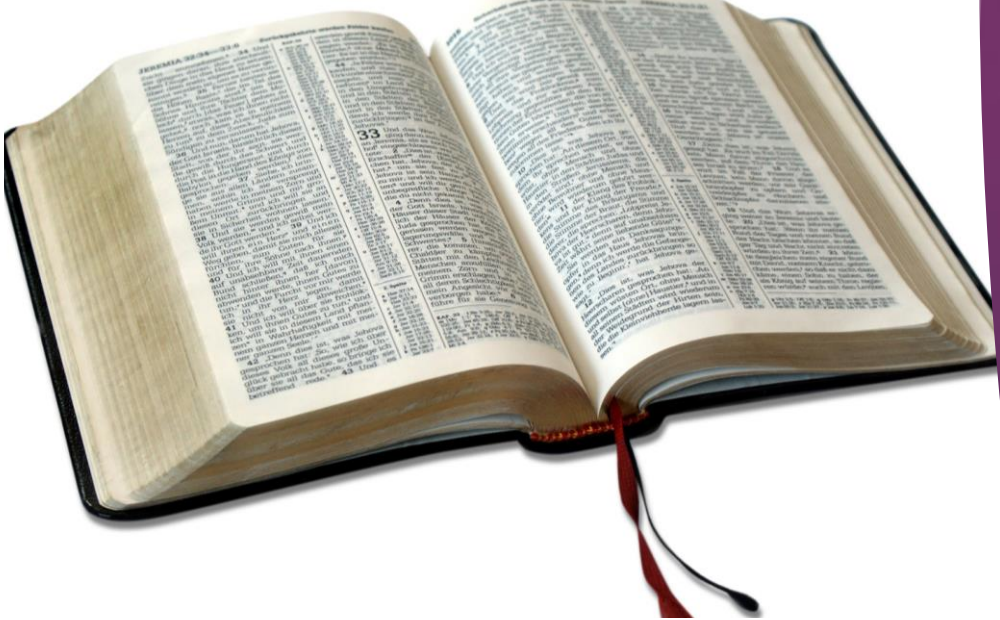


Self-Management should not feel like a balancing act!

Self Management



Self-Management should **Be** a balancing act!



# Acknowledgement of needing help...

I can do all things  
through Christ which  
strengthens me.

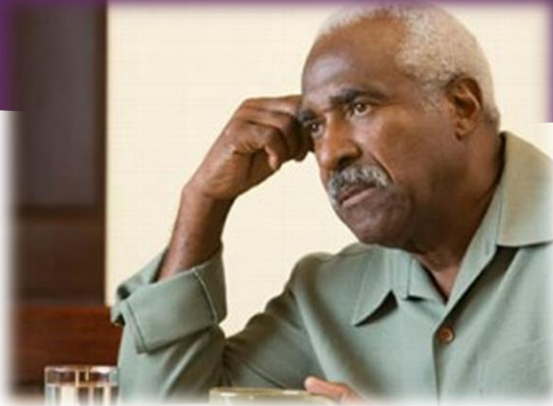
PHILIPPIANS 4:13...KJV



# Health Issues



# THINK ON THIS



Black men in the United States **suffer the worse health** than any other racial group in America. **Black men have the lowest life expectancy** and the **highest death rate** when compared to other racial and ethnic groups.

# Concerning Data

Black men are more likely than other segments of the population to have undiagnosed **or poorly managed chronic conditions.**



**Major Problem: Delay Seeking Medical Care**

# Major Concerns in African-Americans Males

The most prevalent, costly, and preventable chronic diseases:

- ❖ Heart Disease
- ❖ Prostate Cancer
- ❖ Diabetes
- ❖ Mental Health

# Differences In Life Expectancy



**Black Men  
71-Years**

**\*\*Lowest life expectancy\*\***

**\*\*Highest death rate\*\***

*Are black males endangered?*

*Book called “ The Myth of Male Power”  
By Warren Farrell*



# Conditions that Require Self-Management

**Heart Disease  
Hypertension**



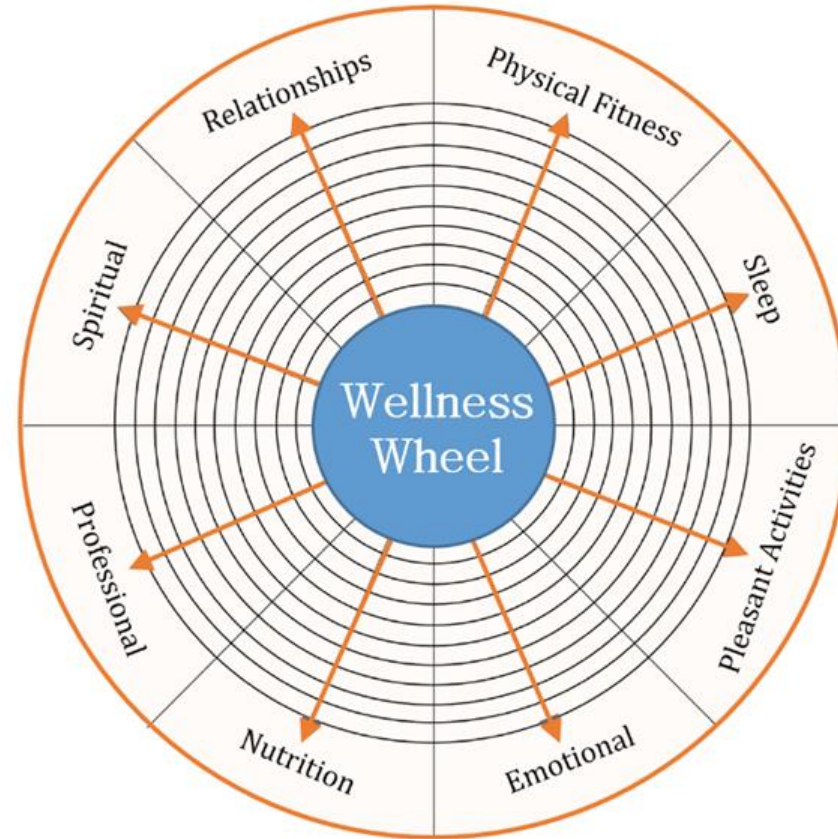
**Cancers**



**Diabetes**



# Mental Health



The importance of talking to someone about your 'internal' health is a good thing!

# Leading Cause of Death in Black Men

Rank <sup>2</sup>	Age Group <sup>3</sup>					All ages
	1-19 years	20-44 years	45-64 years	65-84 years	85+ years	
1	Homicide 35.2%	Homicide 28.9%	Heart disease 26.8%	Cancer 26.7%	Heart disease 27.3%	Heart disease 23.7%
2	Unintentional injuries 26.1%	Unintentional injuries 22.4%	Cancer 23.4%	Heart disease 26.1%	Cancer 17.7%	Cancer 20.9%
3	Suicide 5.4%	Heart disease 12.2%	Unintentional injuries 8.4%	Stroke 6.0%	Stroke 6.5%	Unintentional injuries 7.4%
4	Cancer 4.6%	Suicide 6.2%	Diabetes 4.7%	Diabetes 4.9%	Alzheimer's disease 6.0%	Homicide 5.1%
5	Birth defects 3.5%	Cancer 5.0%	Stroke 4.5%	Chronic lower respiratory diseases 4.6%	Chronic lower respiratory diseases 4.4%	Stroke 4.8%

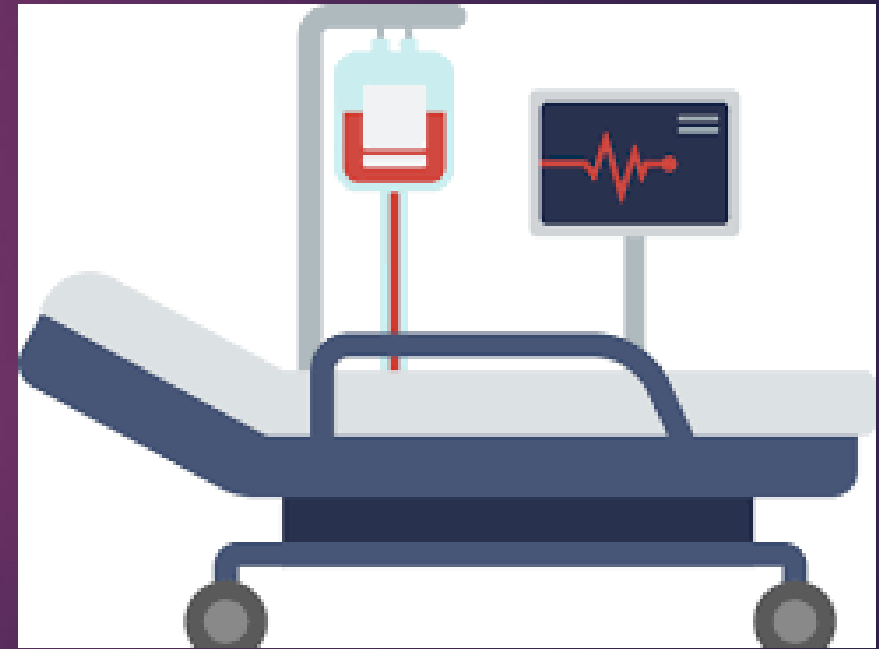
Self-Management Starts with...



**Know Your  
Numbers!**



**Not Reactive!**





# Pre-Conditions

The word **“Pre-condition”** is your clue to change your behaviors to lessen or delay the onset of a chronic disease(s).

*Pre*-hypertension--*Pre*-diabetes

**Chronic conditions are LIFELONG!**

# Know Your Numbers-Heart



**Heart rate**

**60 to 100 beats per minute**

**Blood pressure**

Top-systolic

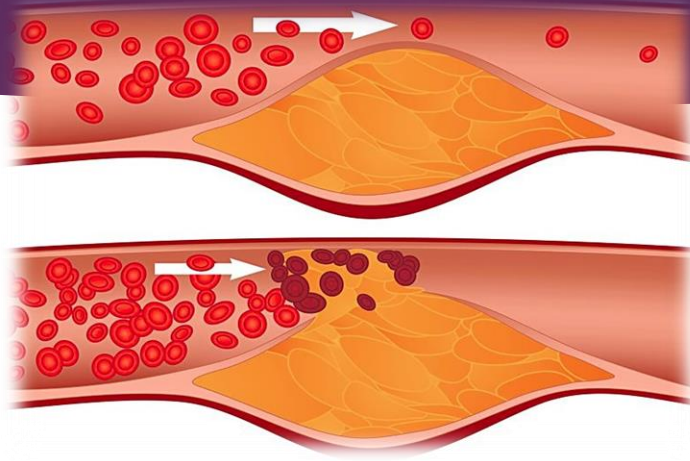
**130/80**

Bottom-diastolic

**Pre- Hypertensive** – 130/80-89

**Hypertensive** – 140+/90

# Know Your Numbers- Cholesterol



**Total Cholesterol**

Under 200

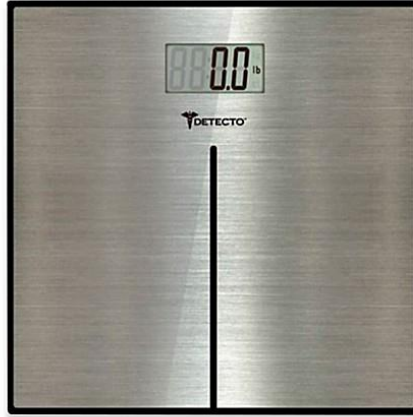
Low-Density Lipoprotein Cholesterol- **(Bad)**

100 to 129 mg/dL

High-density Lipoprotein Cholesterol-**(Good)**

Less than 40 mg/dL

# Know Your Numbers-Weight



**Body Mass Index**

**Describes normal weight, overweight, and obesity.**

**Normal weight:**

BMI-18.5 to 24.9

**Overweight:**

BMI- 25 to 29.9

**Obesity:**

BMI of 30 or higher

# Know Your Numbers-Diabetes



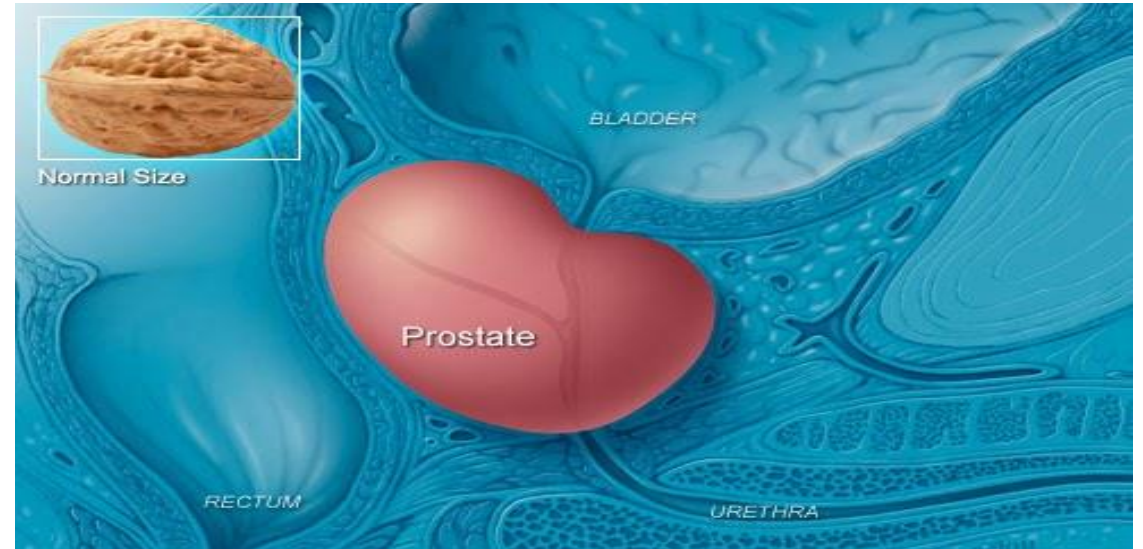
Diagnosis	A1C Level
Normal	below 5.7 percent
<b>Prediabetes</b>	<b>5.7 to 6.4 percent</b>
Diabetes	6.5 percent or above



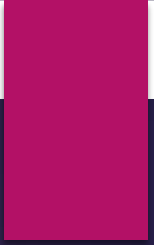
# Two Growing Concerns



High Blood Pressure affect the kidney  
Diabetes affect the kidney



Prostate Specific Antigen  
**(PSA)**  
Normal PSA level 2.6 to 4  
nanograms/milliliter



Brothers....do all you  
can...while you  
can...to take care of  
YOU!

# Mental Health Tip

Its OK to say.....

**No!**

# Self-management Strategies

Developing self-management is an introspective process and it can be  
“Learned”



**Learn to be alone  
with you!**

**Stress  
Reliever Task**

**Self Management**

**Time-  
Management-  
How you control  
your time**

**Self -Motivated**



- ❖ My goal was to help raise awareness to the importance of a self-management mindset.
- ❖ Health conditions are burdensome and costly.
- ❖ Protect your mental health by saying no.
- ❖ Lead by example.

## Conclusion

Choose  
Health



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# Questions