

June 2017



June is Men's Health Month



Eat Healthy

Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.



Get Moving

Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.



Prevention

Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

“Recognizing and preventing men’s health problems is not just a man’s issue. Because of its impact on wives, mothers, daughters, and sisters, men’s health is truly a family issue.” — Congressman Bill Richardson

100%

Women are 100% more likely than men to visit the doctor for annual exams and preventative services.

30,000

Approximately 30,000 men in the U.S. die each year from prostate cancer.

1 in 2

1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.

1/2

Men make 1/2 as many physician visits for prevention as women.



#ShowUsYourBlue

Wear Blue Day is Friday, June 16. Support men's health awareness by wearing BLUE to remind men of the importance of staying healthy.

Source: www.menshealthmonth.org

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Improve Your Health All Year Long!

Use the following resources to learn more about getting and staying healthy:

Visit the Men's Health Resource Center:

www.MensHealthResourceCenter.org

Develop a Wear Blue program where you work, pray, or play:

www.WearBlueForMen.com

Follow the latest men's health news:

www.TalkingAboutMensHealth.com

Men's checkup and screening guidelines:

www.GetItChecked.com

Learn about Men's Health Month, and more:

www.MensHealthMonth.org

Find find articles that discuss topics of interest to men in the Men's Health Library:

www.MensHealthLibrary.com

Learn about prostate health and Prostate Cancer Awareness Month:

www.ProstateHealthGuide.com

Learn about Testicular Cancer Awareness Month:

www.TesticularCancerAwarenessMonth.com

Subscribe to the MHN YouTube channel:

www.youtube.com/mhnmedia

Visit Men's Health Network:

www.MensHealthNetwork.org

Subscribe to the Healthy E-Male newsletter:

www.healthyemale.com

To learn about the Fathers Connection:

www.FathersConnection.org

For more information about the Fathers Connection and/or men's health program opportunities, call or email:

[202-543-6461](tel:202-543-6461) x 101 info@menshealthnetwork.org



Source: U.S. Department of Health & Human Services