

Wellness by the Month

MEN'S HEALTH MONTH

June 9 – 15 is National Men's Health Week but **HAP** is devoting the entire month to men's health issues. Men's Health Week was created by Congress in 1994 to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Did you know?

- 29 million men have high blood pressure
- 50 million men have high cholesterol
- 8 million men have diabetes
- One in six men will develop prostate cancer over their lifetime

Overall, the life expectancy of an American male has declined in recent years. Men are procrastinators in making wellness visits to their physician and when they do seek medical assistance, they are more likely to cancel follow-up appointments, more likely to play down the severity of symptoms and less likely to finish prescriptions.

Keys to a Healthy Life

- Eat healthy
- Maintain a healthy weight
- Get moving and exercise
- Quit smoking
- Get routine exams and screenings for disease prevention
- Get appropriate vaccinations
- Learn to manage stress
- Know yourself and your health risks
- Be safe – protect yourself from accidents
- Be good to yourself

Go to: www.medicinenet.com for more information on any of these topics.

Other resources include: www.malehealthcenter.com/r_fact.html and www.checkmensfacts.com