

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](http://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](http://www.MensHealthResourceCenter.org)

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

[www.WearBlueForMen.com](http://www.WearBlueForMen.com)

**Follow the latest men's health news:**

[www.TalkingAboutMensHealth.com](http://www.TalkingAboutMensHealth.com)

**Men's checkup and screening guidelines:**

[www.GetItChecked.com](http://www.GetItChecked.com)

**Learn about Men's Health Month, and more:**

[www.MensHealthMonth.org](http://www.MensHealthMonth.org)

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

[www.MensHealthLibrary.com](http://www.MensHealthLibrary.com)

**Learn about prostate health and Prostate Cancer Awareness Month:**

[www.ProstateHealthGuide.com](http://www.ProstateHealthGuide.com)

**Learn about Testicular Cancer Awareness Month:**

[www.TesticularCancerAwarenessMonth.com](http://www.TesticularCancerAwarenessMonth.com)

**Subscribe to the MHN YouTube channel:**

[www.youtube.com/mhnmedia](http://www.youtube.com/mhnmedia)

**Visit Men's Health Network:**

[www.MensHealthNetwork.org](http://www.MensHealthNetwork.org)

**Subscribe to the Healthy E-Male newsletter:**

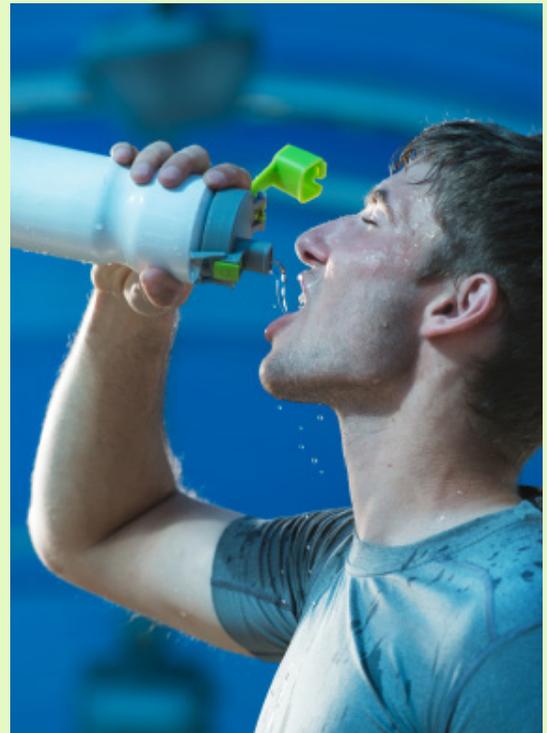
[www.healthyemale.com](http://www.healthyemale.com)

**To learn about the Fathers Connection:**

[www.FathersConnection.org](http://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](mailto:info@menshealthnetwork.org)



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