

# Men's Health Awareness Month

## Be Part of the Solution



### Did You Know

According to the Centers for Disease Control and Prevention, women are 100 percent more likely to visit the doctor for annual examinations and preventive services than men.

## DON'T IGNORE THE SIGNS

### Early Detection is Key

According to the Men's Health Network, the purpose of Men's Health Month is to raise awareness of preventable health problems and to encourage early detection and treatment of disease among men and boys. On average, men die at higher rates than women from the top causes of death which include: heart disease, cancer, injuries, strokes, respiratory disease, diabetes, influenza & pneumonia and suicide.

The good news is there are ways your patients can reduce the likelihood of these events.

- **Regular Physician Visits**  
Routine doctor visits and health screenings is the best way to catch a health problem early and begin to manage it.
- **Eating Healthy**  
Eat right and control your weight. Remind patients to change their eating habits a little at a time by incorporating healthy choices.
- **Physical Fitness**  
Regular physical activity helps control weight, recommend at least 30 minutes of moderate-intensity exercise at least five days a week.
- **Be Your Own Health Advocate**  
Research has found that patients who do not ask questions or do not understand their medical conditions are at increased risk of complications or death.

Don't let your patient be another statistic, encourage healthy living!

1- <http://www.kxan.com/dpp/community/june-is-mens-health-prevention-month>

2- <http://psdispatch.com/news/ourcommentary/576604/This-month-the-focus-is-on-mens-health>

3- <http://www.pro8news.com/news/Men-encouraged-to-pay-attention-to-their-health-210189411.html>