MEN'S HEALTH WEEK

June 13 – 19 is Men's Health Week. The goal of Men's Health Week is to encourage men and boys to seek regular medical advice and early treatment for disease and injury. Governors of over 45 states declare Men's Health Week in their states and the week is filled with activities, discussions, and forums to educate men about risk factors that can harm their health, and to encourage healthy lifestyle choices.

Some facts about Men's Health:

- According to the Bureau of Labor Statistics, men die at higher rates than women from the top 10 causes of death.

- The CDC has found that women are 100% more likely to visit the doctor for annual examinations and preventive services than men.

- The top killers of men are heart disease and cancer.

- Men now die on average almost six years earlier than women.

- Young men are more likely than young women to participate in exercise, while older men are less likely to take part in exercise than older women.

Men's Health – Take Control and Be Proactive!

- The Men's Health Network provides a checklist of screenings that men should have at appropriate times. Check the list at: http://www.menshealthnetwork.org/library/pdfs/GetItChecked.pdf

- Suggested tests and screenings include (but are not limited to):

PHYSICAL EXAM	TETANUS BOOSTER
BLOOD PRESSURE	RECTAL EXAM
TB SKIN TEST	PSA BLOOD TEST
BLOOD TEST AND URINALYSIS	CHEST X-RAY
EKG	COLORECTAL HEALTH
SELF-EXAMS	BONE HEALTH
TESTOSTERONE SCREENING	STDs

Where to go for more information about Men's Health:

- **Men's Health Week**
  http://www.menshealthweek.org/

- **The Men's Health Network**
  http://menshealthnetwork.org/

- **The International Society for Men's Health**
  http://www.ismh.org/ismh/english/home.htm

- **The Men's Healthline**
  http://menshealthweek.org/healthline.htm

- **The American Cancer Society**
  http://www.cancer.org/docroot/home/index.asp

- **The American Heart Association**
  http://www.americanheart.org/presenter.jhtml?identifier=1200000