

JUNE IS MEN'S HEALTH MONTH

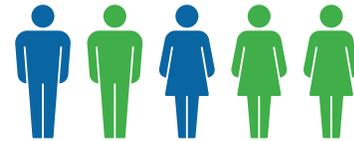
Heightening the awareness of preventable health problems and encouraging early detection and treatment of disease among men and boys

Men's health issues:

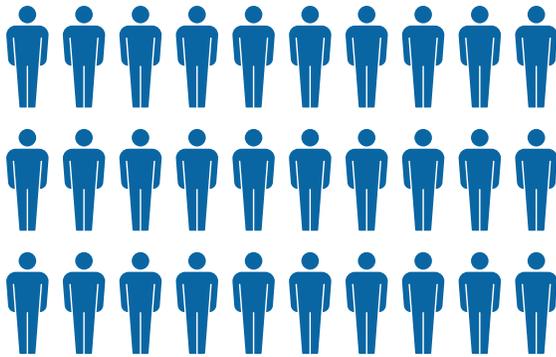
Women are twice as likely as men to visit the doctor for annual exams and preventive services



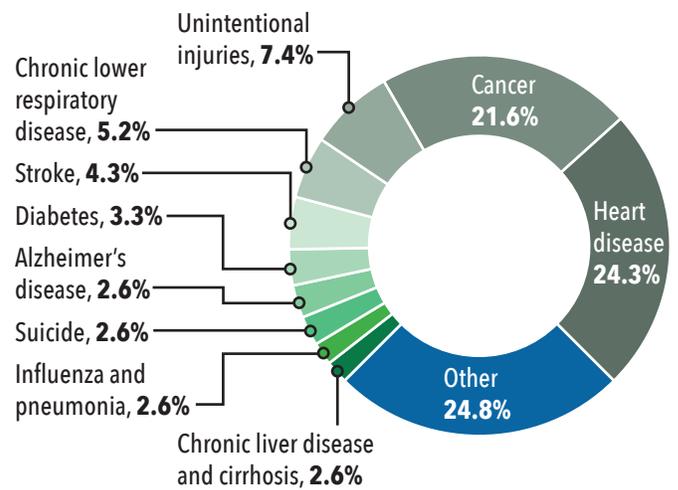
1 in 2 men are diagnosed with cancer in their lifetime compared with 1 in 3 women.



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



Top 10 causes of death, U.S. males (2018)



To stay healthy, here are some suggestions:

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.

Make Prevention a Priority.

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.

TO LEARN MORE ABOUT MEN'S HEALTH MONTH, VISIT WWW.MENSHEALTHMONTH.ORG.

To find a health center, visit www.chc-ar.org/health-center-list or call **501-374-8225**.

SOURCES: <https://menshealthmonth.org> • <https://www.cdc.gov/nchs/pressroom/01news/newstudy.htm> • <https://www.cdc.gov/healthequity/lcod/men/2018/all-races-origins/index.htm> • <https://familydoctor.org/men-eat-right-stay-healthy/?adfree=true> • <https://health.gov/myhealthfinder/topics/doctor-visits/regular-checkups/men-take-charge-your-health>