Women are 100% more likely than men to visit the doctor for annual exams and preventive services.

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

On May 31, 1994 President Clinton signed the bill establishing National Men’s Health Week.

“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 (May 1994)

In 2000 there were fewer than 80 men for every 100 women by the time they reach age 65 – 74.

**Online Resources**

Men’s Health Month
menshealthmonth.org

Men’s Health Network
menshealthnetwork.org

Get It Checked
getitchecked.com

Talking About Men’s Health Blog
talkingaboutmenshealth.com

Women Against Prostate Cancer
womenAgainstprostatecancer.org

**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 prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.

**June is Men’s Health Month**
awareness | prevention | education | family

Eat Healthy.

Get Moving.

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