



NEWS RELEASE

ALABAMA DEPARTMENT OF PUBLIC HEALTH

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Montgomery to celebrate men's health June 13

FOR IMMEDIATE RELEASE

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Men live almost six years less than women in the U.S., and African American men have the lowest life expectancy of all. To draw attention to these disparities and to urge men to have health screenings, the City of Montgomery joins with the Montgomery County Health Department in celebrating Men's Health Week June 13-19 and Men's Health Month during June.

On Monday, June 13, supporters will gather at the RSA Park between Dexter Avenue and Monroe Street at 11:15 a.m. where Men's Health T-shirts will be distributed and participants will proceed to the historic Court Square Fountain across from the One Dexter building.

At noon Montgomery Mayor Todd Strange will sign a proclamation and State Health Officer Dr. Donald Williamson will make remarks to highlight the need for men's health screenings. The purpose of this event is to heighten awareness of preventable health problems and to encourage early detection and treatment of disease among men and boys.

"Making healthy choices such as eating a healthy diet, being physically active, not smoking, and drinking alcohol only in moderation or not at all are examples of ways to stay healthy," said Maury West, director of the Social Work Division, Alabama Department of Public Health. "We also want men to talk to their health care providers about the preventive medical tests they need and when they need them. Getting the right screenings at the right time is one of the most important things a man can do for his health."

Cardiovascular health, prostate health, cancer (lung, prostate, skin, colorectal, testicular and others), HIV/AIDS, osteoporosis and mental health are among the health concerns that affect men. Screenings can detect diseases early, before symptoms appear, when they are easier to treat and when complications can be prevented.

For more information or if you would like to take part in a Men's Health event, please contact Michael Briddell, Director of Information and Public Affairs, at 241-2005 or Maury West, ADPH, at (334) 206-5226.