



NEWS RELEASE

ALABAMA DEPARTMENT OF PUBLIC HEALTH

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Men urged to make their health a priority

FOR IMMEDIATE RELEASE

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The Alabama Department of Public Health is joining in the celebration of June as National Men's Health Month and June 9-15 as National Men's Health Week by encouraging men to take steps to become healthier and stronger and make their health a priority.

The purpose of this observance is to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Men's health is often overlooked and their symptoms are often ignored.

On average, men live five fewer years than women and die at higher rates from 9 of the 10 top causes of death. Men make up 92 percent of workplace deaths, mainly because they are employed in dangerous occupations. Furthermore, 1 in 6 men will get prostate cancer and approximately 28,000 will die from the disease this year.

The following are a few important steps men can take to improve their health and stay healthy:

- Get enough sleep
- Quit using tobacco
- Increase physical activity
- Eat healthy food
- Tame stress
- Get regular checkups

Some diseases and conditions may not have symptoms, so checkups help diagnose issues early or before they can become a problem. Men should pay attention to signs and symptoms such as chest pain, shortness of breath, excessive thirst, and problems with urination. If you have these or other symptoms, be sure to see your doctor right away.

Keep track of your readings for blood pressure, blood glucose, cholesterol, body mass index (BMI), or any others you may have. If your numbers are high or low, your doctor or nurse can

explain what they mean and suggest how you can get them to a healthier range. Be sure to ask him or her which tests you need and how often you need them.

Get vaccinated. Everyone needs immunizations to stay healthy, no matter how old you are. Even if you had vaccines as a child, immunity can fade with time.

Men's Health Week in Alabama is celebrated each year as the week leading up to and including Father's Day. The public is encouraged to wear blue on June 13 in support of men's health.

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