



Brought to you by the Holy Family Health Ministry

June is Men's Health Month

There is a crisis in men's health. Because of poor health habits, lack of health insurance, failure to seek medical attention, and dangerous occupations, men live sicker and die younger than women. **Men die at higher rates for 9 of the top 10 causes of death.** This includes deaths from cancer, diabetes, suicide, and accidents; and diseases of the heart, kidney, and liver.



1 in 2

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

Testicular Cancer

is the most common form of cancer in men ages 20-35 but can occur any time after age 15.

Lung Cancer:

Lung cancer is the #1 cancer killer of men but can be almost totally prevented if men make lifestyle changes and take certain precautions. Risk factors include smoking and exposure to asbestos and radon.

Colorectal Cancer:

Cancer of the colon and rectum can usually be treated if caught early. These cancers may be caused by diets high in fat and low fiber.

Diabetes:

You may have diabetes and not know it. It is not unusual for diabetes to go undetected for years. Men with diabetes are more likely to suffer from heart disease, stroke, kidney disease and vision problems.



Cardiovascular Disease:

Heart disease and stroke are often associated with high cholesterol and High blood pressure. Both can usually be controlled with diet and exercise, sometimes combined with medicine.

“Therefore, confess your sins to one another and pray for one another, that you may be healed. The fervent prayer of a righteous person is very powerful”. James 5:16

Sources: <https://www.menshealthnetwork.org/library/healthfacts.pdf>;
<https://www.menshealthnetwork.org/library/blueprint.pdf>



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Accidents are the # 1 cause of death for men under age 44.

While you cannot control what other drivers do, there are a number of steps you can take to reduce accidents.

- Always wear your seatbelt, even on short trips.
- Follow posted speed limits.
- Don't drive after drinking or when you are tired
- Don't drive with anyone else who is intoxicated or exhausted.
- Always wear a helmet when riding a motorcycle or bicycle.

Living longer and healthier:

Take control of your health by getting a yearly check-up from your healthcare provider. Your best chance of avoiding health problems that afflict men are prevention, self-examination, and regular physician visits. Regular screening can catch many health problems in an early stage, when treatment is most likely to be successful.



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.

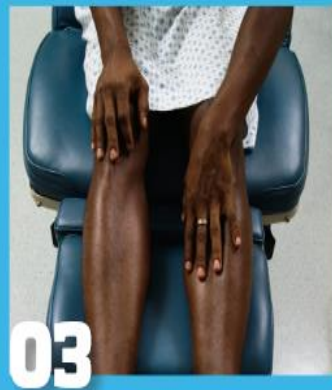
Diet



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.

Exercise



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.

Medical Check-up

Daily Devotions



"The heart of a father is the masterpiece of nature." Antoine François Prévost

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