

# The Cheyenne County Health Department, Hospital and Clinic would like to remind men to schedule their regular health screenings. June is Men's Health Month!



## June is Men's Health Month



### 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.

*"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)*

# 100%

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

# 1 in 2

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

# 1994

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

# 88.9

In 2010, there were 88.9 men for every 100 women in the age group 65-69.

### ONLINE RESOURCES

#### Men's Health Month

[MensHealthMonth.org](http://MensHealthMonth.org)

#### Men's Health Network

[MensHealthNetwork.org](http://MensHealthNetwork.org)

#### Get It Checked

[GetItChecked.com](http://GetItChecked.com)

#### Talking About Men's Health Blog

[TalkingAboutMensHealth.com](http://TalkingAboutMensHealth.com)

#### Men's Health Resource Center

[MensHealthResourceCenter.com](http://MensHealthResourceCenter.com)



[MensHealthMonth](https://www.facebook.com/MensHealthMonth)



[MensHealthMonth](https://twitter.com/MensHealthMonth)



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