

# Health and Wellness Seminar

July 2015  
Men's Health

# Men's Health

## Men: Take Charge of Your Health

Most men need to pay more attention to their health. Compared to women, men are more likely to:

- ☛ Smoke
- ☛ Drink alcohol
- ☛ Make unhealthy or risky choices
- ☛ Put off regular checkups and medical care

The good news is that you can start taking better care of your health today.

## It's not too late to start healthier habits.

Make eating healthy and getting active part of your daily routine. A healthy diet and regular physical activity can help lower your:

- ☛ Blood pressure
- ☛ Blood sugar
- ☛ Cholesterol ("koh-LEHS-tuh-rah!")
- ☛ Weight

By keeping these numbers down, you can lower your risk of serious health problems like type 2 diabetes and heart disease.

You can also help prevent health problems by:

- ☛ Drinking alcohol only in moderation
- ☛ Quitting smoking

## Get medical care to help you stay healthy.

See a doctor for regular checkups even if you feel fine. This is important because some diseases don't have symptoms at first.

Plus, seeing a doctor will give you a chance to learn more about your health.

You can also take care of your health by:

- ☛ Getting screening tests that are right for you
- ☛ Making sure you are up to date on important shots
- ☛ Watching out for signs of health problems like diabetes or depression.

Source: U.S. Department of Health and Human Services

Please register with Human Resources no later than: Wednesday, 07/22/2015.

Our mission is to promote Health awareness and to encourage healthy lifestyles.



Thursday, July 23, 2015  
2:30 p.m. – 3:30 p.m.

Council Chambers

Presented by:

Dr. Humberto Nunez, MD

The Human Resources Department, in conjunction with Mission Regional Medical Center, hosts health and wellness seminars each month. Employees receive health tips to take home and a plan for taking better care of themselves. Please make plans to attend. Sign up now by calling Human Resources at 580-8631 or emailing [achapa@missiontexas.us](mailto:achapa@missiontexas.us).



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