



Health and Wellness Seminar



Stay in the Game With Prostate Cancer Screening

Whether you're playing football, baseball or basketball, a smart game plan can make a difference in whether you win or lose. And the same holds true for your health. By having a wellness plan that includes regular prostate cancer screening, you can increase your odds of beating one of your toughest opponents.

Prostate cancer is the most common male malignancy diagnosed in the United States, with an estimated 189,000 new cases each year. Fortunately, the disease is highly treatable and curable when detected early, and the five-year survival rate for early stage prostate cancer can be as high as 99 percent.

Men age 50 and older who have at least a 10-year life expectancy would benefit from intervention and treatment and should have a prostate-specific antigen (PSA) and digital rectal examination (DRE) annually*. Currently, African-American men have the highest incidence of prostate cancer in the world – 137 per 100,000 per year. So, if you are African-American, or are younger than 50 and have a strong family history of the disease, you'll want to talk with your physician about a screening schedule that's tailored for you.

Don't let life throw you a curve ball. Safeguard your health by scheduling regular prostate cancer screenings with your physician, or by checking with your local hospital or the Internet for free screenings available in your area.

Going the distance for prostate health:

The National Prostate Cancer Coalition (NPCC) is the largest advocacy organization dedicated to ending the impact of prostate cancer on men, families and society. Founded in 1996, the organization helps increase awareness about the disease through educational outreach and free screenings.

The NPCC is doing its part to put the brakes on prostate cancer with the Drive Against Prostate Cancer (DAPC) program, the only national mobile screening program for prostate cancer. A 39-foot mobile screening unit tours the country to offer free screenings to men. The screenings include both the PSA and DRE tests.

Source: Blue Cross Blue Shield, American Cancer Society

Please register with Human Resources no later than Wednesday, 6/18/2014.

June 2014

Men's Health

Thursday, June 19, 2014

2:30 p.m. – 3:30 p.m.

Council Chambers

Speaker: To Be Announced

The Human Resources Department, in conjunction with Mission Regional Medical Center, will be hosting health and wellness seminars each month.

Employees will 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 npena@missiontexas.us.



****RAFFLE****

We will be raffling two (2) tickets to Schlitterbahn!

Must be present to win



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