



Share the Wellness Tip

June 7, 2013

Share the Wellness: Men Take Notice

National Men's Health Week is right around the corner, June 10-16. During this week dedicated to helping men live healthy lives, take the time to learn the warning signs of cancer. Studies have shown that men, in general, tend to put off routine check-ups and ignore symptoms until a problem becomes far worse. However, men who want to guard against cancer and other health problems can take charge by paying attention to changes in their bodies. Here are some of the warning signs men shouldn't shrug off if they want to protect their health:

- A sore on your skin that won't heal
- Blood in the stool or a change in bowel habits
- A hard lump on the testicle or a "heavy" feeling in the groin
- Having trouble starting or stopping the flow of urine, or needing to urinate more often, especially at night
- A lump in the chest or changes to the nipple

Don't Wait for Symptoms to Get Screened

Some cancers may not trigger any warning signs early on. That's why it's important to stay on top of your regular health screenings. Your doctor can let you know what's needed based on your age, health, and family history.

In addition, you can reduce your risk for cancer by adopting a healthy lifestyle. Here are some ways to reduce your risk:

- Wear a wide-brimmed hat and sunglasses when outdoors.
- Don't smoke. A man's risk of dying from lung cancer is 23 times higher if he smokes.
- Stay a healthy weight.
- Exercise regularly.

Take time out during Men's Health Week to look at the daily steps men can take to live safer and healthier lives.

Sources: Centers for Disease Control and Prevention, American Cancer Society

