



Health and Wellness Tip of the Week - Week 24




Monthly Topic

This month features *Men's Health Week* so focus on healthy lifestyle and an annual checkup for men.

June 16, 2014

Play it Safe With Prostate Cancer Screening

A good defense is your best defense.

-  Start annual screening at age 50, and at 45 if you are African-American or have a family history of the disease.
-  Ask your physician about the pros and cons of a prostate-specific antigen (PSA) test and digital rectal examination (DRE).
-  Check your local hospital or the Internet for free screenings, such as the National Prostate Cancer Coalition's (NPCC) national mobile screening program.



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Source: The National Prostate Cancer Coalition