

Health and Wellness Tip of the Week - Week 27

Monthly Topic

July is Men's Health Month. It's the perfect time to remind employees about the importance of wellness screenings and staying healthy.

July 6, 2015

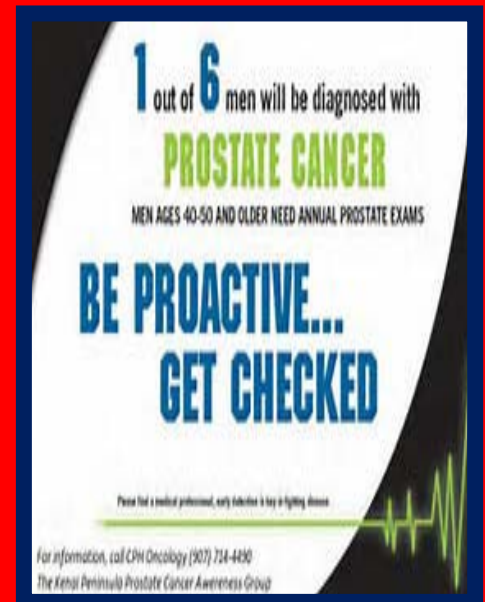
Man Power

Learning prostate cancer facts and knowing how likely you are to get this illness gives you power. If you are 50 years of age, African-American or are related to someone who has had prostate cancer, you may be more likely to get this illness.

Signs of prostate cancer can involve:

- ☀️ Trouble passing urine, such as having a problem with weak flow or trouble draining the bladder
- ☀️ Needing to go to the bathroom too often, particularly at night
- ☀️ Pain or burning when going to the bathroom; blood in the urine or semen
- ☀️ Painful ejaculation
- ☀️ Pain in the back, hips or pelvis that keeps coming back

Source: Centers for Disease Control and Prevention



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