



## Health and Wellness Tip of the Week

Week 27 – July 1, 2019

### **Men's Health, Prostate Health**

As you age, it is important to think through all health screenings you need to talk about with your doctor. Other than skin cancer, prostate cancer is the most common cancer in American men. Talk to your doctor about your risk factors and screenings that might make sense for you based on your age and genetic makeup. All screenings are not right for everyone. Your doctor can help you decide which health problems you may be at risk for and which screenings may be right for you. It is never too late to be proactive about your health!

*Source: American Cancer Society*

### **City of Mission**

Human Resources Department  
1201 E. 8<sup>th</sup> Street  
Mission, TX 78572  
956-580-8631

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

[www.missiontexas.us](http://www.missiontexas.us)

