



Health and Wellness Tip of the Week - Week 23

Monthly Topic

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

June 9, 2014

Give Good Health a Test Drive

Statistics show that as a general rule, men die five years sooner than women. More than half of these early deaths could be avoided. Get regular preventive tests to check for high cholesterol, diabetes and other diseases, such as prostate, testicular and colorectal cancer.

Do your maintenance work. Schedule regular exams and screenings to help detect or avoid many diseases and keep you healthier.

Sources: Men's Health Network; Centers for Disease Control and Prevention



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