

Health and Wellness Tip of the Week - Week 29

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 20, 2015

Don't Forget Key Screenings

It is important for men to get as many screenings possible to help prevent any illnesses or conditions arising in the future.

Some of the screenings include:

-  All men 20 and older should get their cholesterol checked every five years.
-  Talk to your doctor about diabetes screening starting at age 45 – or younger, if you're overweight and physically inactive, or have a family member with diabetes.
-  And don't forget about high blood pressure. Ask your doctor how often you should be screened for it to protect yourself against stroke and heart disease.
-  A colonoscopy is recommended at age 50 (earlier if you're at high risk).

Source: WebMD



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