



Health and Wellness Tip of the Week Week 30 – July 22, 2019

All About Age

As you get older, be sure to talk to your doctors about your risk factors for getting health issues based on your genetic makeup and health. For example, about one in nine men will be diagnosed with prostate cancer during his lifetime. About six in 10 cases are diagnosed in men aged 65 or older.

As you age, it becomes even more vital to have routine health exams with your doctor. Be sure to follow all instructions for keeping up a healthy lifestyle. Be proactive and plan your next health exam today!

Source: American Cancer Society

City of Mission

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

www.missiontexas.us

