June is Men's Health Month

The goal of Men's Health Month is to raise awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Early detection is the best protection against many health problems. Do not be afraid to have tests done. The earlier a problem is detected, the greater the chance for recovery.
Your health is your responsibility… take control!

<u>Take the following steps to keep your health on track:</u>

Don't smoke. If you smoke or use other tobacco products, ask your doctor to help you quit. It's also important to avoid exposure to secondhand smoke.   For information about quitting, please call 1-866-NY-Quits (866-697-8487).

Eat a healthy diet. Choose vegetables, fruits, whole grains, high-fiber foods, and lean sources of protein, such as fish. Limit foods high in saturated fat and sodium.

Maintain a healthy weight. Losing excess pounds — and keeping them off — may lower your risk of various types of cancer.
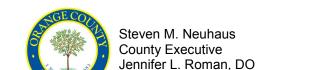
Get moving. In addition to helping you control your weight, physical activity helps to lower the risk of certain types of cancer and other diseases.

Manage chronic conditions. If you have high cholesterol or high blood pressure, follow your doctor's treatment recommendations. If you have diabetes, keep your blood sugar under control.

Protect yourself from the sun. When you're outdoors, cover up and use plenty of sunscreen.

Limit alcohol. If you choose to drink alcohol, do so in moderation. The risk of various types of cancer — including cancer of the colon, lung, kidney and liver — increases with the amount of alcohol you drink and the length of time you've been drinking regularly.

Manage stress. If you feel constantly on edge or under pressure, your lifestyle habits may suffer. Take steps to reduce stress — or learn to deal with stress in healthy ways.

Take early detection seriously. Consult your doctor for regular health screenings.

*Information provided by the Mayo Clinic.

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