



## Eat Healthy

Start by saying no to unhealthy food habits and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add a least one fruit and vegetable to every meal.

## Get Moving

Play with your kids or grand-kids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Choose activities that you enjoy to stay motivated.

## Make Prevention a Priority

Many health conditions can be prevented or detected early with regular checkups from your health care provider.

Many insurance plans, including Medicaid and Medicare, will cover the cost of recommended preventive services like screening tests and shots. Depending on your insurance plan, you may be able to get screenings and shots at no cost to you. Check with your insurance provider to find out what's included in your plan.



### Online Resources:

*Men's Health Month*

*[menshealthmonth.org](http://menshealthmonth.org)*

*Men's Health Network*

*[menshealthnetwork.org](http://menshealthnetwork.org)*

*Get It Checked*

*[getitchecked.com](http://getitchecked.com)*

*Talking About Men's Health Blog*

*[talkingaboutmenshealth.com](http://talkingaboutmenshealth.com)*

*Women Against Prostate Cancer*

*[womenagainstprostatecancer.org](http://womenagainstprostatecancer.org)*

### Did you know!

*Women are 100% more likely than men to visit the doctor for annual exams and preventive services.*



***1/2*** men are diagnosed with cancer in their lifetime compared to 1 in 3 women.

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[mtprospectbaptist.org](http://mtprospectbaptist.org)  
healthcare ministry page



## *Men's Health Month*

*The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.*

*Mt. Prospect Baptist Church wants to encourage men and boys to seek regular medical advice and early treatment for disease and injury.*

*"Recognizing and preventing men's health problems is not just a man's issue.*

*Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue." Congressman Bill Richardson*

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*Mt. Prospect Baptist Church  
Health Ministry*

## The Basics

See a doctor for regular checkups even if you feel fine. This is important because some diseases don't have symptoms at first. Seeing a doctor will also give you a chance to learn more about your health.

### **You can also take care of your health by:**

- ✚ Getting screening/tests that are right for you.
- ✚ Making sure you are up to date on important shots.
- ✚ Watching out for signs of health problems like diabetes or depression.

**Screenings** are medical tests that check for diseases before you have symptoms. Screenings can help doctors find diseases early, when the diseases may be easier to treat.

Get your blood pressure checked at least once every 2 years.

Talk to your doctor about getting your cholesterol checked. Doctors recommend that most men get their cholesterol checked at least once every 5 years.

Get tested for colorectal cancer if you are age 50 or older. Ask your doctor what type of screening test is right for you.

If you age 65 to 75 and have ever smoked, talk with your doctor about abdominal aortic aneurysm (AAA).

Prostate cancer is a type of cancer that mostly affects older men. Behind skin cancer, prostate cancer is the most common cancer in men. Many men have questions about prostate cancer screening (testing).

Even though prostate cancer is common, screening for it isn't recommended because the risks of screening and treatment outweigh the benefits.

Most of the time, prostate cancer grows so slowly that men won't die from it or have any symptoms. The treatment of prostate cancer is more likely to cause medical problems than the prostate cancer itself. The screening tests for prostate cancer that are available now can't tell if you have a cancer that will cause problems or not.

## What do I ask the doctor?

Am I at risk for prostate cancer?

Are there things I can do to lower my risk for prostate cancer?

What are the benefits and harms (risks) of prostate cancer screening and treatment?

Are there any warning signs or symptoms of prostate cancer I should look out for?

*Depression in men is under diagnosed, contributing to the fact that men are four times likely to commit suicide.*

*If you feel stressed, anxious, or depressed for more than 2 weeks, talk to a doctor about screening for depression. Most men with*

*depression feel better when they get treatment.*



### *Make small changes every day.*

Small changes can add up to big results like lowering your risk of diabetes or heart disease.

*Take a walk instead of having a drink or a cigarette.*

*Try a green salad instead of fries or chips*

*Drink water instead of soda or juice*