



Central Michigan District Health Department
“Promoting Healthy Families, Healthy Communities”
For more information, please call: (989) 773-5921 ext. 8409
2012 E. Preston Avenue, Mt. Pleasant, Michigan 48858, www.cmdhd.org

To: Local Media

From: Dan Lowery, Health Educator

RE: National Men’s Health Week

Release Date: June 2009

National Men’s Health Week

June 15 -21, 2009, is National Men’s Health Week. This week is designed to create awareness for men to focus on their health. In 2001, the CDC reported that women were 100% more likely to visit the doctor for annual examinations and preventive services than men. Many men are reluctant to go to a doctor. “No news is good news” is an old cliché that is wrong when it is in regard to males knowing about their health. “A lot of my male clients don’t have a primary care physician,” states Dan Lowery, Health Educator for the Central Michigan Health Department. “Most of these clients are concerned about the possibility of sexually transmitted diseases, but not about the big picture. They don’t realize their sexual health contributes towards their overall health and that their focus needs to expand to include this.”

“Prevention plays a major role in health,” Lowery claims. “Regular checkups and screenings are designed to do three things; one, to keep individuals and their provider up-to-date on one’s health status, secondly, to create an opportunity to discuss questions or concerns with your provider and receive feedback on how to maintain or improve your health, and finally, early detection of any health concern could limit the concern from becoming a major health issue – which is why it is often called the best protection.”

Is there any help on the way for encouraging men to see a doctor? One resource, Men’s Health Network (MHN) is a national non-profit organization whose mission is to reach men and their families where they live, work, play, and pray with health prevention messages and tools, screening programs, educational materials, advocacy opportunities, and patient navigation.

MHN's Goals:

- Save men's lives by reducing premature mortality of men and boys
- Foster health care education and services that encourage men of all ages to implement positive lifestyles for themselves and their families
- Increase the physical and mental health of men so that they can live fuller and happier lives
- Significantly reduce the cycles of violence and addiction that afflict so many men
- Energize government involvement in men's health activities, so that existing government health networks can be utilized to increase the health and well-being of men and boys
- Encourage women to expand on their traditional role as the family's health care leader and activist for enhancement of health care services

Men, it's time to take notice and take charge of your health. Use National Men's Health Week, June 15 – 21, 2009, to make a difference in your health outlook. Make an appointment with a provider to begin having annual checkups and hopefully you can encourage your co-workers, teammates, friends, and family members to do the same. Remember, you owe it to yourself to take an active approach to your health.

For more information, visit MHN online at www.menshealthnetwork.org and our website at www.cmdhd.org.

This article is brought to you by the staff at Central Michigan District Health Department, which serves residents in the counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon.

###