



Central Michigan District Health Department
"Promoting Healthy Families, Healthy Communities"
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To: Local Media

From: Dan Lowery, Health Educator

RE: National Men's Health Week

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National Men's Health Week

Seventeen years ago in 1994, President Clinton signed a bill to designate the week leading up to Father's Day, as National Men's Health Week. This year it falls on June 13-19, 2011. "The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys," according to the Men's Health Month website at www.menshealthmonth.org. Often, men are reluctant to go to a doctor. "Many of my male clients don't have a primary care physician," states Dan Lowery, Health Educator for the Central Michigan Health Department. "I do HIV testing at the Health Department, and I know it can be hard for individuals to decide to get tested and to follow through with it. Doctor visits for men may be the same. It may be the belief of being indestructible, we don't want to be seen as weak and needing a physician, or that we will take care of any problem when we notice it." According to a recent Men's Health and CNN survey, one-third of American men haven't had a checkup in the past year, and women tend to live 7 years longer than men."

"Prevention plays a major role in health," Lowery claims. "Regular checkups and screenings are designed to do three things: keep current on health, manage health/health practices, and early detection. Early detection can prevent minor health issues from becoming major health problems.

Still need encouragement to visit a physician? 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. We depend on ourselves and others depend on us, too. Use National Men's Health Week, June 13-19, to make a difference in your health. Make an appointment with a healthcare provider to begin having annual checkups and 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.

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