

DHD#10 RECOGNIZES MEN'S HEALTH MONTH

June is National Men's Health Month

June 1, 2022 – District Health Department #10 (DHD#10) is supporting National Men's Health Month. June is dedicated to promoting Men's Health, reminding both men and boys to pause, make their health a priority, and take action to care for themselves. It is important for all men, especially those with underlying health conditions, to take charge of their own health while encouraging others to prioritize theirs.

Below are a few things men can do to prioritize their health:

- **GET CHECKUPS** - Schedule yearly checkups and preventative screenings such as colorectal cancer screenings and prostate cancer screenings with a healthcare provider or local health department.
- **GET TESTED** - Get tested routinely for STIs, including HIV – do your part to [know your status!](#)
 - June 27th is National HIV Testing Day. Call 888-217-3904 to schedule your free, confidential test at any DHD#10 office.
- **DO SELF-EXAMS** - Perform monthly testicular self-exams to monitor for unusual changes and detect testicular cancer early.
- **BE ACTIVE** - Create a personal goal of at least 2.5 hours of physical activity every week.
 - June 11th is Family Health and Fitness Day. This is a great time to include your friends and family in your physical activity.
- **STAY TRIM** - Work toward and maintain a healthy weight.
- **EAT RIGHT** - Make a conscious effort to add more fruits and vegetables into your diet while limiting foods high in calories, sugar, salt, and fat.
- **AVOID PITFALLS** - Avoid unhealthy behaviors such as smoking, drugs and alcohols, texting while driving, and not wearing a seatbelt or bicycle/motorcycle helmet.
- **MANAGE STRESS** - Take care of your mental health by practicing good sleep habits and finding health ways to manage stress.

To learn more about DHD#10's services for men, go to <https://www.dhd10.org>, or call 888-217-3904.

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