

USNH/MCCS Health & Wellness Corner

Celebrate **Men's Health Week** June 9-15

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.

Facts about Men's Health, Cancer and Heart Disease

- ♣ By the age of 75, men die of cancer at about twice the rate of women. Testicular cancer is a leading killer of men from ages fifteen to forty.
- ♣ One in five men can expect to develop prostate cancer sometime in his life. This disease will take the lives of thirty thousand American men this year and the numbers are increasing each year. Approximately one hundred thousand new cases are being reported annually. The early signs of prostate cancer are observable: restricted flow of urine, pain in the prostate region or perineum. Later, sexual dysfunction can occur.
- ♣ Every man over the age of forty should be getting a prostate examination at least every three years. Men over fifty should be examined every year. Unfortunately, only about 15% of men in this age group are examined. The result is hundreds of thousands of unnecessary deaths every decade.
- ♣ Rectal cancer is also prevalent among men and suffers from the same lack of early detection.
- ♣ Men are far less likely to do self-examinations or seek tests for melanoma and other deadly forms of skin cancer.
- ♣ Sexually transmitted diseases are also a major concern. These diseases are taking a frightening toll on young men.
- ♣ Accidents -- Over nine out of every ten fatal accidents in the workplace occur to men. Workplace accidents kill thousands of men each year.



USNH & MCCS Health Promotion guru's will be visiting Camp Hansen and Camp Schwab Mess Halls on Fridays in June.

June Schedule of Events

7 June - *5k run fundraiser for HM3 M. V. Johnson Jr.* 0700 (registration 0600-0645). Fee \$10.00 T-shirt (first 100 participants) and \$5.00 without T-shirt. Call 645-2620/2578

10 June – *Tobacco Cessation* 1700 USNH Galley. Once a week for 5 weeks.



19 June – *BALANCE* – 1730-1830 Monthly Weight Management Support Group Lester Chapel

5,12,19,26 June – *Eating for the HEALTH of It* – 4 wk weight management class. Call USNH HAWC to register.

Water Aerobics begins June @ Camp Lester, Foster, Kinser, & Courtney. Schedules coming soon. Call 645-3484 for more group fitness classes.

USNH/MCCS Health Promotion – 645-2620/2578/3910