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For Immediate Release

Men: Take Care of Yourselves

HDNW encourages proactive care during National Men's Health Month

Northern Michigan Public Health Alliance and Health Department of Northwest Michigan (HDNW) support National Men's Health Month. June is dedicated to promoting men's health, reminding both men and boys to pause, make 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 do the same.

"While HDNW is known for a variety of programs that help women and children, we also have services available to men," says Dan Thorell, HDNW Health Officer. "From vaccines to STI testings, we are here to support the men in our community to live healthy and enjoyable lives."

"Our services for men include STI testing and treatment, basic infertility services, pre-conception services, and contraceptive counseling/referrals," says Melissa Hahn, Director of Family Health, noting that physical exams are also conducted, if applicable to the reason they are being seen.

Here are steps men can take 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. June 27 is National HIV Testing Day. Call our local office at 800-432-4121 to schedule your confidential test at any HDNW 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 10 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 healthy ways to manage stress.

To see more numbers on Men's Mental Health, please visit: <https://bit.ly/3MP7Fii>.

To learn more about HDNW's services for men, go to nwhealth.org, or call our local schedulers at 800-432-4121.

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HDNW is mandated by the Michigan Public Health Code to promote wellness, prevent disease, provide quality healthcare, address health problems of vulnerable populations, and protect the environment for the residents and visitors of Antrim, Charlevoix, Emmet, and Otsego counties.



Proud member of the [Northern Michigan Public Health Alliance](http://www.nwhealth.org): 7 local health departments advocating for public health.