



MEN'S HEALTH MONTH AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE

When it comes to prevention and early detection, men's health often takes a back seat to women's health. Most men even find themselves skipping out on annual checkups with their doctor. The problem? Some serious health problems may not cause symptoms at first and getting annual checkups and the necessary screenings are the best way to detect health issues early.

According to the CDC, the top five health risks for men are:

1. Heart disease
2. Cancer
3. Unintentional injuries
4. Chronic lower respiratory disease
5. Stroke

By making healthy lifestyle changes, men can help reduce their health risks and improve their overall health. Take a proactive approach by following these basic health tips.

- Work with your doctor to identify potential health concerns that are unique to men such as prostate and testicular cancers
- Get an annual comprehensive exam, which is an opportunity to screen for health issues including certain cancers and heart disease
- Make healthy lifestyle choices such as avoiding smoking, limiting alcohol, and maintaining a well-balanced diet and exercise regimen

Start by calling our office at 816.319.0731 or reach out via **Spruce** to make an appointment to come see us. This month we are holding a raffle every Friday for those that come in for their appointment wearing blue.

FIGHT MIGRAINES & HEADACHES



When you're fighting a migraine or a

NATIONAL HIV TESTING DAY



In 2018, less than half of U.S. adults have

headache, fast relief is probably your number one thought. But knowing the difference between the two is important to prevent future headaches and knowing how to treat it properly.

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been tested for HIV. On HIV testing day—June 27—know your status by scheduling an appointment to get tested.

WATER SAFETY



Taking a dip in the nearest swimming pool or splashing in the waves at the beach is a great way to cool off but for as good as it feels, it's important to remember basic water safety. Whether it's a child or a pet, you can prevent unnecessary risks by implementing a few safety precautions.

- Be a “water watcher.” Pay attention to children or pets you are supervising and avoid any distractions including cell phones.
- Teach children to always ask for permission before going near water.
- Inexperienced swimmers, pets included, should wear a life jacket whenever they are near water.
- At the beach, always swim in a lifeguarded area. If a lifeguard is off duty, make sure an adult is watching by the water's edge, however, be aware of riptides.



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