

Top 5 Threats to Men's Health in US

According to the Centers for Disease Control and Prevention, the top causes of death for adult men in the United States, are: heart disease, cancer, unintentional injuries, chronic lower respiratory disease, and stroke. The good news is, making lifestyle changes can significantly lower your risk for these health issues.

Take charge of your health with these six lifestyle choices.

1. Do not smoke or use other tobacco products. Avoid exposure to secondhand smoke.
2. Eat a healthy diet. Choose vegetables, fruits, whole grains, high fiber foods, and lean proteins, such as fish.
3. Maintain a healthy weight.
4. Get moving, doing activities that you enjoy.
5. Limit alcohol.
6. Manage stress. When constantly under pressure, you tend to make less healthy choices.

Men often put off doctor visits for some of the following reasons: "There's probably nothing wrong", "I don't have time", and "I'd rather tough it out". For Father's Day, help the men you love find a reason to counter these excuses.

Some serious diseases don't have visible symptoms, and finding a health problem early can make all the difference. Prevention is key to staying healthy. Talk with your health care provider about other preventive measures to reduce your risk.

(Sources: www.heart.org and MayoClinic)

Farmer's Market

Every Wednesday at WMHS

2:00 p.m. to 5:00 p.m.

Starts June 7th



Good health begins with farm fresh produce, so WMHS encourages everyone to take advantage of the weekly farmer's market in the parking garage across from the Medical Arts Center entrance. Local farmers will set up their produce, homemade jams, baked goods, and more.

For more information, call 240-964-8424