



About Men's Health Month

June is National Men's Health Month and for the entire month, [Level Up](#) will be sharing information to encourage all men to live longer and healthier lives. According to the [U.S. Department of Health and Human Services Office of Minority Health](#) (OMH), this month is used to raise awareness about health care for men and focus on encouraging boys, men and their families to practice and implement healthy living decisions, such as exercising and eating healthy.

Regular Check-ups Save Lives

Did you know that two of the leading causes of death among men in the United States are heart disease and cancer? And did you also know that conditions like these often show no symptoms? That's why it's important to schedule a routine check-up with your health care provider every year. Keep yourself at the top of your game and schedule a preventive health screening with your physician. By doing so, you can help find any issues early on, and identify ways for you to lower your risk and improve your health.

There are several important screenings recommended. Talk with your healthcare provider about the screening tests you need and when they're needed. Below are some of the most common types:

- **Blood Pressure:** Adults should have their blood pressure checked starting at age 18.
- **Cholesterol:** At age 20, talk with your provider to decide when you should begin screening.
- **Diabetes:** Adults should talk to their provider to see if they have any identified risk factors and when they should begin screening and how often.
- **Colon cancer:** Screening starts at age 50, however, you may need to get screened earlier if you have other risks, like family history.
- **Prostate cancer:** Start talking with your provider at age 55 or earlier if you have risk factors.
- **Healthy weight and BMI:** Keep track of your body mass index (BMI) from your doctor.
- **Depression:** Talk with your provider if you feel sad, hopeless or have recently lost interest in activities you used to enjoy.
- **Immunizations:** Check with your provider to see if you are due for any immunizations.

Men's Health Resources

Explore additional men's health resources below:



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