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PRESS RELEASE

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FOR IMMEDIATE RELEASE

Need a great Father's Day gift, how about great health?

Knox County, IL - Since 1994, Men's Health Week has been celebrated each year as the week leading up to and including Father's Day. The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage detection and treatment of disease among men and boys. This year Men's Health Week will be celebrated June 15-21, 2009.

In 1920, according to the CDC, women lived one year longer than men, on average. Now, men die almost six years earlier than women. According to the Bureau of Labor Statistics, men die at higher rates than women from the top 10 causes of death and are the victims of over 92% of workplace deaths. Moreover, the CDC notes women are 100% more likely to visit the doctor for annual examination and preventive services than men.

What better Father's Day gift than encouragement to schedule that much needed routine physical examination? Men of all ages need regular testing of blood pressure and cholesterol to identify heart disease risk. Beginning around age 40, men should begin screening for diabetes and prostate disorders. Then starting at age 50, screening for colorectal cancer should begin.

Make this Father's Day a healthy one. Plan some healthful meals, give some health-promoting gifts, take a family walk or do some other physical activity, and get a commitment to schedule a physical exam that includes screening for all age-appropriate men's health issues. What better way to show the dads in our lives that we love them?

For more information on Men's Health Week contact the Knox County Health Department at 344-2224 or visit www.knoxcountyhealth.org.