



**Public Health**  
Prevent. Promote. Protect.

# Knox County Health Department

1361 West Fremont Street • Galesburg, Illinois 61401

## 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 13-19, 2011.

Alarming statistics show that men's health is at great risk. On average, men die almost 6 years younger than women and suffer higher mortality rates for the top causes of death. The lives of hundreds of thousands of men will continue to be threatened unless immediate action is taken to combat this growing crisis.

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 be screening for diabetes and prostate disorders. Then starting at age 50, screening for colorectal cancer should begin.

In honor of Mens Health Month the Knox County Community Health Center is offering half price Adult Wellness Screenings, by appointment, they include, ALT (liver function), cholesterol, hemoglobin, oxygen saturation, UA screening, blood sugar, body mass index, height, weight, and blood pressure for a price of \$30.00. We are also offering half price cholesterol screenings, by appointment, for \$17.00. Guys if you are 50 and over you can also receive a **FREE** PSA test. These offers are good June 13<sup>th</sup> – June 30<sup>th</sup>.

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?

Please contact the Knox County Community Health Center at 309-344-2225 for more information regarding men's health screenings. You can also visit [www.knoxcountyhealth.org](http://www.knoxcountyhealth.org) or [www.menshealthmonth.org](http://www.menshealthmonth.org).



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