



Mission Hill Health Movement

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Good Health ~ Healthy Men Men's Health Presentation

June 9, 2010 6:00 p.m. ~ 7:30 p.m.

Mission Church Parish Center
1545 Tremont Street
Mission Hill, MA 02120

Men play important roles in the lives of our families, friends and communities.

As men, we may not talk about health often, but we still want to know how to have health and wellness in our lives. We also worry about our health concerns including heart disease and prostate cancer.

A complete approach to men's health recognizes that wellness and preventing disease are connected. Keep the following tips in mind:

- **Healthy eating for wellness**
Five daily servings of fruits and vegetables help lower heart disease risk.
There is evidence that chemicals in fruits like tomatoes may lower prostate cancer risk.
- **Exercising for stress reduction**
In today's economic climate men face pressures on the job, between jobs, and in retirement. Stress makes men more likely to smoke or behave in less healthy ways.
Exercise can reduce stress. This can be as simple as walking 30 minutes daily.
- **Screening to catch diseases early**
As we age, it is important to have regular examinations. Even if healthy, you should have a blood pressure check at least every 2 years, a cholesterol check every 5 years, and regular testicular examinations.
- **Talking with your doctor**
Your doctor can be an important resource to help you think about when to get tested for prostate cancer, how to cope with depression, or how to quit smoking.

Join the us on June 9 to discuss your thoughts on men's health.

Dumas Lafontant from Whittier Street Health Center will lead our discussion.