

# NIGHTHAWKS WELLNESS NEWSLETTER

Compared to women, men are more likely to:

- Smoke
- Drink alcohol
- Make unhealthy or risky choices
- Put off regular checkups and medical care

The good news is that you can start taking better care of your health today.

## How can I take charge of my health?

See a doctor for regular checkups even if you feel fine. This is important because some diseases don't have symptoms at first. Plus, seeing a doctor will give you a chance to learn more about your health.

You can also take care of your health by:

- Getting screening tests that are right for you.
- Making sure you are up to date on important shots.
- Watching out for signs of health problems like diabetes or depression.
- Eating healthy and getting active.

Men's Health Month aims to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among males. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage males to seek regular check ups, medical advice, and early treatment for disease and injury. The response has been overwhelming with hundreds of awareness activities in the USA and around the globe each year.

Most men need to pay more attention to their health.

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- Take
- Try a green salad instead of fries.
- Drink water instead of soda or juice.
- Eat less salt.

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