



Outreach of the Month:



Information for Your Patients

June, 2023

Volume 6

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Gaps in care Outreach
Topic:
Men's Health

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Men's health month is a time to spread awareness about disease prevention for men. Men are far less likely than women to go to the doctor for regular checkups. Yet men are also more likely to be diagnosed with cancer than women and die at higher rates from 9 of the top 10 causes of death. Men also typically die 5 years younger than women. Early detection of health issues can help improve the health and life expectancy of men.

Father's Day is quickly approaching and now is the perfect time to encourage the men in your life to take care of themselves. The month of June is National Men's Health Month. All boys and men are encouraged to stay healthy by eating right, exercising and seeking regular medical checkups to prevent disease and injury so they may live long and healthy lives.

- **Eat healthy** – add more fruits and vegetable into your diet and try to limit eating foods that are high in calories, sugar, salt and fat.
- **Get moving** – make a personal goal to reach 2 ½ hours of physical activity per week. Participate in activities you enjoy will help you to stay motivated.
- **Quit tobacco** – tobacco smoking is the number one preventable cause of death in the U.S. and the primary cause of COPD and lung cancer.
- **Make prevention a priority** – schedule yearly checkups and regular health screenings with your doctor or local health department.
 - Monthly testicular self-exams are important for the early detection of testicular cancer

It's important as a senior man to brush up on your health facts, listen to your body and be sure to get regular checkups. Not only will you live longer, you'll have a better quality of life.

***Please schedule an appointment with you UOP PCP today!**

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