

# ONEIDA COUNTY HEALTH DEPARTMENT

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## CANCER SERVICES PROGRAM

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### National Men's Health Week Cancer Screening Services

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. The Oneida County Health Department encourages all men to make health a priority, and encourages health care providers to discuss with their male patients about how they can improve their health. Recognizing that many health problems that affect men can be prevented, this week was designed to encourage men, boys and their families to develop positive health attitudes, engage in preventive behaviors, lead healthy lifestyles, and seek timely medical advice and care.

#### **What can men do to make their health a priority?**

- Get good sleep
- Toss the tobacco habit
- Be physically active
- Eat healthy
- Manage stress
- Stay on top of your game and get vaccinated / get screenings

By making their health a priority, men are becoming role models for their children. Men should obtain regular check-ups and preventive health screenings. They should discuss ways to get healthy and stay healthy with their health care provider. The health care provider will help to guide what preventive screenings or vaccinations are necessary.

For men without insurance, the Oneida County Health Department's Cancer Services Program of Oneida, Herkimer, and Madison Counties may be able to provide free colon cancer screening. Men age 50 to 64 can call (315) 798-5248 to determine if they are eligible for a free, easy in home screening kit.

Additional information on how to be proactive and make health a priority, see Centers for Disease Control and Prevention Men's Health Week website:

<http://www.cdc.gov/Features/HealthyMen/>

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