

FOR IMMEDIATE RELEASE

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CONTACT: Alice Alecu
Alice.Alecu@menshealthnetwork.org
 [\(202\) 543-6461 ext. 101](tel:(202)543-6461)

Celebrating National Men's Health Week: June 10-16

(Washington, DC) – National Men's Health Week (www.menshealthweek.org) is a special awareness period first recognized by Congress in 1994 and celebrated around the globe since 2002. The goal is to educate men, boys, and those who love them about preventable health problems and to encourage them to get more actively involved in their own health care. Early detection and treatment save lives. Men's Health Week is always the week that ends on Father's Day. This year, it's June 10-16.

“We invite all men to take advantage of the many health screenings and other health directed activities, which are taking place in their communities during the National Men's Health Week – if not for their own sake, then out of love and care for their families,” said Ana Fadich, MHN Vice President. **“Healthier men lead to stronger and happier families.”**

Men's Health Week gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular 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.

“Having worked as a Urologist for over 30 years with a practice based on treating men with a variety of urinary cancers, urinary stones, prostate problems, and erectile dysfunction, I can assure you that a visit to a physician is for many men almost a religious experience,” said David M. Parrack, D.O., FACOS, Men's Health Network Advisor / Chair of Surgery & Anesthesia Midwestern University Glendale Arizona. **“Pride and fear keep them silent about their health issues until they are suddenly faced with a life-threatening problem. Men's Health education based upon a combination of a healthier life-style related to diet and exercise as well as regular physician visits and preventative treatments will be the secret to effecting major changes in men's quality of life and long term survival. We encourage all men and the families that care for them to visit their family physician and begin to set up such a positive health program.”**

Additional support for this awareness period comes from the governors and mayors who declare Men's Health Week in their states and cities. Copies of proclamations from Governors and Mayors can be found at www.menshealthmonth.org/week/proclamation .

“Good health is one of life's greatest blessings,” said Rick Perry, Texas Governor. **“As we prepare to celebrate Father's Day, I encourage all Texas men to recognize the importance of seeking preventative, timely and appropriate medical care. Let all of us – both men and women – remain mindful of the important role preventative medical care, daily exercise, a balanced diet and refraining from smoking can have in our lives and the lives of our loved ones.”**

“Health is one of the most important things we possess, and unfortunately we are most reminded of it when we get sick,” said Nathan Deal, Georgia Governor. “I urge Georgia citizens, and especially the men, to go and get themselves checked in June in participation of Men’s Health Month. Developing a healthy lifestyle and being detected early will reduce mortality rates, and by improving the health and well-being of men in our communities, we can build stronger and happier families.”

“On the heels of Father’s Day, I am proud to proclaim a week dedicated to educating Arizona men about the importance of proactive, preventative health care,” said Janice K. Brewer, Arizona Governor. “Good health is a blessing and a virtue, but it is also something we must work daily to maintain. It is never too soon to schedule a doctor appointment, kick a bad habit or begin an exercise routine. During ‘Men’s Health Week,’ I urge all Arizona men to play an active role in their wellbeing – both for the sake of themselves and their families.”

Men’s Health Week is organized by [Men's Health Network](http://www.menshealthnetwork.org) (MHN), a national non-profit organization whose mission is to reach men, boys, and their families where they live, work, play, and pray with health prevention messages and tools, screening programs, educational materials, advocacy opportunities, and patient navigation. Learn more about MHN at www.menshealthnetwork.org and follow them on Twitter @MensHlthNetwork and [facebook.com/menshealthnetwork](https://www.facebook.com/menshealthnetwork)

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