



Men's Health Network
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SAN ANTONIO GETS IN THE HEALTHZONE

San Antonio, June 23, 2001 – During Texas Prostate Cancer Awareness Week, Rotary International members in San Antonio are stepping out of their daily routine and into the HealthZone to see how they measure up on the scorecard for health. Prostate screenings (PSA) along with LDL cholesterol (bad), HDL cholesterol (good), blood sugar, blood pressure and body fat tests will be conducted as part of a nationally sponsored program from Men's Health Network (MHN), a non-profit educational organization based in Washington, DC that is dedicated to improving the health of men nationwide.

“Men do not generally take the initiative in their health care, and are much more unlikely to visit the doctor than women, mostly for fear of what they'll learn,” said Tracie Snitker, Public Affairs Director, Men's Health Network. “Through programs such as the MHN HealthZone, we hope to change their thinking, motivate them to take control of their health care and ultimately help them live more healthful lives.”

Health screens have become increasingly more important for men as they age so they can start to take control of their health earlier in life to decrease the chances of health complications later. Heart disease is the leading cause of death for men with one in every five men expected to suffer a heart attack before the age of 65. Between the ages of 25 and 75, men's mortality rate from heart disease is two to three times greater than that experienced by women in the same age group.

Men's health should not only be a concern for men these days, but also for women. While women generally take a more active role in their health, the men in their lives are statistically not taking care of their bodies and their health complications are on the rise. Men's life expectancy is up to ten percent lower than that of women with the average life expectancy for Caucasian men as 71 years compared to that of Caucasian women at 78 years.

"Taking the initiative to be screened is the first step toward maintaining overall health and well-being," said Snitker. "The MHN HealthZone offers a convenient and reliable way for Rotary International to set the stage and example for their membership by demonstrating how important health and wellness are."

Screenings will take place Saturday, June 23 through Wednesday, June 27 from 10:00a.m. to 2:00p.m. at the Rotary International Convention at the Henry B. Gonzalez Convention Center located at 200 East Market Street in San Antonio, Texas. This program has been made possible through the financial assistance of Pfizer, Inc.

Based in Washington, DC, Men's Health Network is an informational and educational organization recognizing men's health as a specific social concern. Created to address the growing men's health crisis in America, Men's Health Network aims to save men's lives by reducing the premature mortality of men and boys and to foster health care education and services that implement positive lifestyle decisions for men of all ages, and their families. Through direct advocacy efforts nationwide, Men's Health Network strives to energize government involvement in men's health activities so that existing government health networks can be utilized to increase the health and well being of men and boys.

For more information, visit www.menshealthnetwork.org.

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