



90 Seconds to Better Health – Men’s Health Screenings

Grover C. Dils, M.D., Med Center Health StayWell Clinic

[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

Celebrated each year in June, Men’s Health Month brings awareness to the health issues all men face.

[DR. DILS]

Top health risks for men are diabetes, cardiovascular disease and cancer, and many others.

[NARRATOR]

It’s important to get annual wellness exams to identify early risk factors for chronic disease.

[DR. DILS]

Men should be screened for hypertension, prostate disease, diabetes and cholesterol problems.

[NARRATOR]

The American Cancer Society notes that 1 in 9 men will receive a diagnosis of prostate cancer during their lifetime, and around 1 in 41 men will die from the disease. With treatment, there is a good chance of surviving prostate cancer.

[DR. DILS]

Men should get checked with prostate starting at least at age 50. If there’s increased risk factors, they should start at age 45.

[NARRATOR]

Prostate cancer is the second leading cause of cancer among adult males in the United States after skin cancer; however, it is highly treatable, especially in the early stages.

[DR. DILS]

The most important thing for men to remember about their health is to get annual exams. The annual exams are geared to help prevent future problems. Preventative medicine is critical. If you don’t have a doctor, you should establish with a primary care physician.

[MUSIC] [NARRATOR]

For more information, visit MedCenterHealth.org.

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