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Jason Orcena, MA
Health Commissioner

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Our mission is to protect the health, safety and well-being of all Union County by providing quality public health services.

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Press Release

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For Immediate Release

Stubbornness Can Kill

This year, thousands of men will die from stubbornness. What does that intriguing statement mean? It means that many men are not regularly visiting a doctor, nor getting the recommended health screenings that could save their life.

“Fathers make all the difference in the world to a family, but only if you’re healthy and taking care of yourself,” said Jennifer Thrush, spokesperson for the Union County Health Department. “This Father’s Day, make a commitment to your family. See a doctor and get your recommended health screenings.”

According to the Mayo Clinic, the list of greatest threats to men’s health is surprisingly short, and prevention really can make a difference. Here is the Mayo Clinic’s list of top seven threats to men’s health.

#1: Heart Disease

#2: Cancer (Lung, skin, prostate, and colorectal cancers are of particular concern for men.)

#3: Accidents (Motor vehicle crashes are the cause of many male fatalities.)

#4: Chronic Lung Conditions (including bronchitis and emphysema)

#5: Stroke

#6: Type 2 Diabetes

#7: Suicide

Three simple screenings for blood pressure, cholesterol and blood sugar levels can help identify the early warning signs of heart disease, cancer, stroke and diabetes. Your doctor can also screen you for prostate, colorectal and skin cancer. You can even talk to your doctor about depression, the biggest risk factor for suicide.

-more-



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In addition to preventative screenings, make sure you are not smoking; eating a healthy diet full of fruits, veggies, whole grains, and lean proteins; managing cholesterol, blood pressure and sugar levels; being active every day; maintaining a healthy weight; limiting alcohol; and managing stress.

The bottom line, it's time to stop being stubborn and visit your doctor. Talk to him or her about your health and get your recommended screenings. Make better lifestyle choices today to live a long and fun filled life with your family.

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