



FOR IMMEDIATE RELEASE – June 8, 2012

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Men's Health Issues: What they don't talk about!

“I don’t need to go to the doctor. There’s nothing wrong with me.” That seems to be the man’s mantra when it comes to their health, even when logic (and research) proves that early detection of a problem increases their odds of surviving.

June is dedicated to Men’s Health Week to help raise awareness about preventable diseases among men and boys. Prostate cancer is a topic that’s more commonly discussed and prominent among men. On the other hand, male breast cancer and andropause (male menopause) are two topics men know little about and seldom discuss. As part of Men’s Health Week, the Arizona Department of Health Services (ADHS) is sponsoring a Lunch and Learn and hosting prostate cancer screenings.

“Men’s Health Week encourages men to get annual health checks for early detection of preventable diseases,” says Wayne Tormala, Chief, ADHS Bureau of Tobacco & Chronic Disease. “It promotes healthy lifestyles including eating healthy and exercising on a regular basis adding to their quality of life.”

In addition to promoting awareness and prevention, Men’s Health Week strives to educate men about specific health issues, including how their health can directly impact their families’ lives. Most men don’t equate 15 minutes of preventive care with prolonging their lives. Through Men’s Health Week, we hope to prove how it can.

“If they’re active and feeling great, then they must be healthy,” says Tormala. “In reality, you don’t always notice the symptoms of life-threatening diseases such as high blood pressure, high cholesterol, and prostate cancer. In each of these chronic diseases, early detection can save their life.”

ADHS is holding a Lunch and Learn for state employees to educate all men about the potential health risks they face. There will also be free prostate screenings available for state employees.

WHO: Wayne Tormala, Chief, ADHS Bureau of Tobacco & Chronic Disease
Autumn Barber, Prostate Cancer Awareness Advocate
Eric Whitacre, MD, Breast Cancer of Southern Arizona
Craig Fones, Male Breast Cancer Awareness Advocate
Rohno Geppert, Office Chief, ADHS Special Licensing

WHEN: Friday, June 15, 11:30 a.m.

WHERE: ADHS Laboratory Igloo, 250 N. 17th Avenue, Phoenix

Interviews available for media, but the event is not open to the public. Please do not publicize event.

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