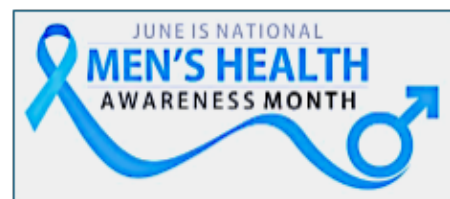


- Overview
- Most Common Men's Issues
- Prevention
- Tests & Screenings
- Chiropractic's Role
- Vitamins & Supplements



June is Men's Health Awareness Month - Summary

DISCLAIMER. Representations in the Navigator issues are based on information gathered from multiple healthcare websites and advisors. The content is for Informational purposes only. Readers are responsible to consult with their own healthcare advisors regarding their specific healthcare needs.



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If you experience any symptoms, it's important to consult with a doctor or other qualified healthcare professional for diagnosis and treatment.

OVERVIEW

June is designated as National Men's Health Awareness Month, a significant initiative aimed at raising awareness about men's health issues and encouraging proactive measures for a longer, healthier life. This month serves as a reminder for men to prioritize their physical and mental well-being by seeking regular checkups and screenings. It provides healthcare providers with an opportunity to motivate men and boys to pursue consistent medical advice and early treatment for various diseases and injuries.



Common health issues that men face include heart disease, cancers (especially prostate, lung, & colorectal), diabetes, and depression. Also, men are at increased risk for respiratory diseases, liver disease, sexually transmitted infections, and unintentional injuries, which are significant causes of death and disability.

Preventive health screenings are vital for early disease detection. Men are encouraged to engage in preventive tests, discuss health concerns with their doctors, and seek support from family and friends.

The full version also highlights the role of vitamins and supplements in men's health, underscoring the importance of key nutrients like Vitamin D, B12, magnesium, zinc, and omega-3 fatty acids. A well-rounded approach to supplementation can support various bodily functions, including muscle and bone health.

THE ROLE OF CHIROPRACTIC CARE IN SUPPORTING MEN'S HEALTH

In addition to traditional medical care, visiting a chiropractor can be an essential aspect of a man's health maintenance routine. Chiropractic care focuses on spinal health and the nervous system, promoting overall well-being through improved mobility, stress reduction, and preventative care. Chiropractors can identify and address physical concerns, enhance athletic performance, and provide education on lifestyle choices that contribute to better health outcomes.

Please view the complete version. If you would like to read the complete version of this Navigator issue, please click on the link provided. The complete version contains in-depth discussions about symptoms, testing, diagnosis, treatment, prevention, supplements, etc.