

FOR IMMEDIATE RELEASE

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## **Keep It Simple: It's Easy to Stay Healthy During Men's Health Week**

### **The Canadian Medical Association Partners for First Ever National Men's Health Week**

**Ottawa, ON** – The Canadian Medical Association has joined up with the Canadian Men's Health Foundation to launch the first ever Men's Health Week June 9 – June 15, ending on Father's Day. CMA has claimed Wednesday, June 11<sup>th</sup> as "Stay Healthy Day" and to celebrate have developed five easy tips that men can do to reduce their risk of developing some of the most common male health issues. These tips aim to show men that small changes can make a big impact on their overall health.

"Men's health is an area of growing concern in Canada," says Dr. Louis Hugo Francescutti, President of the Canadian Medical Association. "There are some simple steps men can take to ensure they stay healthy as they get older, and to help prevent chronic disease. Simply checking your blood pressure regularly, or doing testicular self-examinations can mean the difference between living a healthy life or potentially suffering from a serious health condition. These five tips give men an easy starting point that won't take up too much time in their lives, but could make a significant difference to their overall wellbeing."

The Canadian Medical Association has partnered with the Canadian Men's Health Foundation (CMHF) as part of their national Men's Health Week to raise awareness. CMHF is dedicated to speaking to men in a way that they can truly hear, absorb and act on the information. The Canadian Medical Association provides resources and tips to Canadians all year round on the site [healthcaretransformation.ca](http://healthcaretransformation.ca).

All Canadians should have a family physician who can provide ongoing care for them and their families, including screening appropriate for age and family history. In addition, the five simple tips below will help men stay healthy:

1. Testicular cancer is the most common cancer in Canadian men between the ages of 15 and 29, but is highly treatable with a cure rate of over 95%. So check yourself regularly. The self-exam is simple: feel each testicle and roll it between your thumb and finger. It should feel smooth. If you detect anything different than your last check, go and see your doctor.
2. 1 in 3 Canadian men are being stalked by the Silent Killer: High Blood Pressure. There are no obvious warning signs to high blood pressure. Have your blood pressure checked at least once a year by a health care professional; more often if your blood pressure is high. Regular checks can make sure your blood pressure is in the normal range to prevent stroke and heart attack.
3. High cholesterol is a risk factor for heart attack and stroke. If you smoke, or have a family history of heart disease, or if you are inactive or overweight get your cholesterol checked by your doctor. Regular physical activity, healthy eating with less processed foods and less sodium, not smoking and managing your weight all contribute good heart health.
4. Feeling thirsty, extra tired or have noticed a sudden change in weight? Those can be signs of Diabetes, which can affect your kidneys, eyes, heart and even result in lost limbs. If you experience these symptoms see your doctor to get your blood sugar checked and chat about what changes you can start making.
5. When's the last time you thought about getting a booster shot? Well immunizations aren't just for kids – adults should be getting booster shots every 10 years for Tuberculosis, Tetanus and Diphtheria. Your doctor may also recommend others. Contact your doctor or your local public health unit to find out how to get yours.

### **About Canadian Medical Association**

The Canadian Medical Association (CMA) is the national voice of Canadian physicians. Founded in 1867, the CMA is a voluntary professional organization representing more than 80,000 of Canada's physicians and comprising 12 provincial and territorial medical associations and 60 national medical organizations. CMA's mission is to serve and unite the physicians of Canada and be the national advocate, in partnership with the people of Canada, for the highest standards of health and health care.

### **About the Canadian Men's Health Foundation**

Canadian Men's Health Foundation (CMHF) is a national, non-profit organization founded by Order of Canada recipient Dr. Larry Goldenberg. The mission of CMHF is to inspire Canadian men to live healthier lives. 70 % of men's health problems can be prevented by adopting healthy lifestyles. CMHF will create a new social awareness and motivate men and their families using health information and lifestyle programs in ways they can hear, absorb, and act on.

The first ever Canadian Men's Health Week takes place from June 9<sup>th</sup> – 15<sup>th</sup> and will become an annual rallying point for groups, organizations and Government to step up and do their part to encourage men's healthy lifestyles. For more information go to [DontChangeMuch.ca](http://DontChangeMuch.ca).

### **For further information:**

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