

It's Men's Health Month!

FOCUS ON YOUR HEALTH



Men's Health Month is observed every June as a way to raise awareness about the unique health issues that affect men and also encourage them to take a proactive role in their health.

In celebration of Men's Health Month, here are a few simple things men can do to achieve a higher quality of life and improve their overall health:

Be proactive about preventive care

Schedule regular check-ups and exams with a primary care provider. Regular primary care visits can help flag any issues before they become a real problem. Your doctor will also determine which immunizations and screenings are needed based on your age and guidelines for detection of prostate cancer, colorectal cancer, diabetes and heart disease prevention.

Get moving

Exercise is important. Start an exercise routine and stick to it. According to the American Heart Association, you should get 150 minutes of moderate exercise each week. Find activities you enjoy so you don't get stuck in a rut.

Eat a balanced diet

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Get your ZZZ's

Getting enough sleep is essential in maintaining good health. Sleep deprivation may cause weight gain, can alter immune function and increase stress levels. Sleep disorders, such as sleep apnea, can be linked to a decline in cardiovascular health.

Scarsdale Medical Group's primary care clinicians have a long-standing tradition of providing high-quality, compassionate primary care and wellness services. Whether you need your annual physical, a vaccination or for an unexpected sick visit, you can count on us.

We're accepting new patients. Take charge of your health.

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