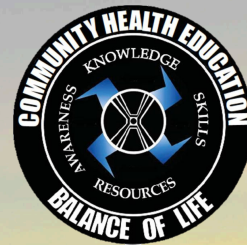


# Men's Health

June: Men's Health Awareness Month



## Heart Disease

Sometimes heart disease can be silent until you have signs and symptoms. High blood pressure, high cholesterol, and smoking are **key risk factors** for heart disease.

Other risk factors include diabetes, overweight and obesity, unhealthy diet, physical inactivity, and excessive alcohol use.

## Did you know?

According to the CDC the leading cause of death in men is heart disease. Heart disease refers to several types of heart conditions to which you can choose healthy habits to help prevent heart disease.

## Prevention

- Eat a healthy, balanced diet.
- Be more physically active.
- Keep a healthy weight.
- Don't smoke.
- Talk to your local health care provider.



## Community Health Education Program

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