I’m a man who just hit a milestone birthday and want to give my health more attention. Where should I start?

June 4, 2018 By Lucinda K. Porter RN

Congratulations. Paying attention to your health is a great gift to yourself. The best place to start is to evaluate where you are. If you haven’t seen a health care provider in more than a year, make an appointment. You and your provider can review your medical and family history, assess your current health, and determine if you need any vaccines, tests, or medicines. Also, you can review lifestyle-related issues and see if you’d like help making any changes.

Getting healthier is a slow process that gets easier with regular practice. June is Men’s Health Month and a perfect opportunity to begin building new habits. Click here for more information one men’s health.

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