



FOR IMMEDIATE RELEASE

June 12-18 is Men's Health Week

*Legacy Community Health encourages males to be proactive
in caring for their health.*

HOUSTON, TX (June 12, 2023) – June 12-18, 2023, is Men's Health Week. With Father's Day just around the corner, it's the perfect reminder to discuss health care with the men in your life. Men's Health Week is an annual effort to bring awareness about preventable health issues that impact men and to encourage early detection and treatment of disease in men and boys.

Men seek medical care less often than women do on average, even when dealing with serious health issues like heart disease, diabetes, or cancer. There are many reasons men avoid visiting their doctors, the most prevalent of which may be fear of the unknown, or out of pride.

"Fear and pride are among the top reasons that men avoid scheduling a physician visit, especially if they already know that there is a chance they'll receive a poor diagnosis," says Dr. Vandana Shrikanth, infectious disease and adult medicine physician at Legacy Community Health. "For many men, discussing sensitive health topics is uncomfortable, and it's precisely that discomfort that keeps them away from the doctor's office. Unfortunately, that hesitancy can only ever exacerbate the poor health outcomes."

According to Harvard University Health, men die [five years earlier](#) than women on average due to a whole host of reasons, including increased rates of heart disease, worse mental health outcomes, and fewer physician checkups. Regular health screenings for blood pressure, cholesterol, and colon and prostate cancer can help reduce the risk for illness and disease.

"Men must understand that check-ups are important, and that knowing is always better than not knowing," says Dr. Shrikanth. "Oftentimes, men seek treatment only when the situation has gotten bad. Regular check-ups can catch the molehill before it becomes a mountain. Remember, waiting until late in the disease to self-report can mean treatment may be more complex and less effective, or worse, *ineffective*. This puts greater stress on your family and loved ones."

Men can lower their risk of chronic disease by making smart lifestyle changes to improve their overall health. Those include:

- Eating a healthy diet
- Exercising regularly
- Stop smoking
- Limiting alcohol usage
- Managing stress
- Practicing safe sex

Family members and friends can also play a role in encouraging the men in their lives to seek regular physical and mental health checkups.

Legacy provides patients with an array of services including adult/pediatric primary care, LGBTQ/transgender services, vision and dental. In addition, health educators, registered dietitians, and trainers are also an option at Legacy to help men learn about diet and exercise. Visit [Legacy's website](#) or call 832-542-5000 to schedule an appointment today.

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About Legacy Community Health Services, Inc.:

Legacy Community Health is a full-service health care system comprised of over 50 locations in the Texas Gulf Coast region offering primary and specialty care, as well as pharmacy services. For over 40 years, Legacy has been innovating the ways we provide comprehensive, quality health care services to underserved communities. As the largest Federally Qualified Health Center (FQHC) in Texas and a United Way affiliated agency since 1990, Legacy ensures its services and programs are open to all, regardless of the ability to pay—without judgment or exception. To learn more, visit www.legacycommunityhealth.org.