

DOH-NASSAU OBSERVES MEN'S HEALTH MONTH IN JUNE

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Nassau, Fla. – The Florida Department of Health in Nassau (DOH-NASSAU) observes Men's Health Month in June to encourage men to implement healthy living decisions. Men should get regular checkups and be aware of their age and lifestyle risks.

"As both a dad and a physician, I invest attention and energy into being as healthy as possible," **said State Surgeon General Dr. Joseph Ladapo.** "This Men's Health Month, I encourage Florida's men to prioritize their health, stay physically active, and increase consumption of disease-fighting vegetables and fruits in their diets. Our families are better off when we stay healthier."

Screening tests are one of the most important things men can do for their health to help them live longer lives. Screening tests can help doctors detect diseases earlier, often before there are symptoms and when they are easier to treat.

DOH-NASSAU encourages men to talk to their health care provider about:

- [Diabetes](#)
- High blood pressure and high cholesterol, which are [risk factors](#) for [heart disease](#)
- Prostate, colorectal, and skin [cancers](#)
- [HIV](#) and [sexually transmitted infections](#)

To learn more about optimizing your health through healthy habits, such as exercise and nutrition, visit [Healthier You](#), Florida's one-stop shop for resources that promote a healthy lifestyle.

Contact DOH-NASSAU at 904-875-6100 for more information on available resources and services that can improve your health and wellbeing.

About the Florida Department of Health

The Department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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