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## Licking County Health Department

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### FOR IMMEDIATE RELEASE

#### National Men's Health Week

June 7, 2011

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LICKING COUNTY, OHIO - June 13 through June 19 is National Men's Health Week. The goal of National Men's Health Week is to increase awareness of preventable health conditions and encourage early detection and treatment of these conditions.

"Men's health is often overshadowed by other health topics, but it is an extremely important subject that will hopefully gain increased awareness," said Joe Ebel, Licking County Health Commissioner. "Please join me in encouraging all men to take their health seriously and in the process leading better and more productive lives."

According to the Centers for Disease Control, prostate cancer is the most common type of cancer diagnosed in men. Each year over 230,000 men are diagnosed with prostate cancer in the United States and almost 30,000 will die from the disease. According to the most recent data available from the Ohio Department of Health, prostate cancer is the second most common type of cancer diagnosed in Licking County.

While currently there is no way to prevent prostate cancer, there are activities men can participate in to reduce their risks of contracting the disease and improve their overall health. These activities include:

- Avoiding tobacco use
- Being physically active
- Maintaining a healthy weight
- Eating healthy

For more information regarding men's health visit [www.cdc.gov](http://www.cdc.gov)

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