

# National Men's Health Week

## June 14-21, 2009

### [Public Service Announcement](#)

Men's Health Week is celebrated each year as the week leading up to and including Father's Day.

- The Men's Health Network worked with Congress to develop National Men's Health Week as a special campaign to help educate men and their families about the importance of positive health attitudes and preventative health practices. ([Mens Health Network](#))
- Despite advances in medical technology and research, men continue to live an average of six years less than women, with African-American men having the lowest life expectancy.
- Educating the public about the importance of a healthy lifestyle and early detection of male health problems will result in reducing rates of mortality from disease.
- Men who are educated about the value of preventative health practices will be more likely to participate in health screenings.

**The Men's Health Network provides this maintenance schedule for men** as a reminder of your need to take responsibility for safeguarding your health. **Regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability.** You should consult your health care provider about the benefits of earlier screenings, especially if you are a member of a high risk group or have a family history of disease. [Routine Check Up List for Men \(and women\)](#)

National Men's Health Week Quiz: Test your knowledge of Men's Health  
[Men's Health Quiz](#)