



## MEN'S HEALTH

### GRAPHIC 1



**CAPTION:** This #MensHealthWeek, take steps to prevent colorectal cancer. Swap out processed foods for more fruits, vegetables and whole grains, and get screened for colorectal cancer beginning at age 45. [health.ny.gov/diseases/cancer/colorectal/screening.htm](https://health.ny.gov/diseases/cancer/colorectal/screening.htm)

### GRAPHIC 2



**CAPTION:** This #MensHealthWeek learn more about the relationship between alcohol and sunburn in the Department's report: [health.ny.gov/statistics/prevention/injury\\_prevention/information\\_for\\_action/docs/2023-02\\_ifa\\_report.pdf](https://health.ny.gov/statistics/prevention/injury_prevention/information_for_action/docs/2023-02_ifa_report.pdf)

### GRAPHIC 3



**CAPTION:** If you are age 55 to 69, talk to your doctor about the risks and benefits of prostate cancer screening and if screening is right for you. #MensHealthMonth [cdc.gov/cancer/prostate/basic\\_info/benefits-harms.htm](https://cdc.gov/cancer/prostate/basic_info/benefits-harms.htm)



#### GRAPHIC 4



**CAPTION:** For #MensHealthMonth make cancer prevention a priority for the men in your life! Talk to your doctor and if you don't have insurance, contact the New York State Cancer Services Program. You may be able to get free screening: [health.ny.gov/diseases/cancer/services/](https://health.ny.gov/diseases/cancer/services/)

#### GRAPHIC 5



**CAPTION:** Melanoma is the deadliest type of skin cancer. Men die from melanoma more often than women. During #MensHealthWeek, learn how to prevent skin cancer: [health.ny.gov/diseases/cancer/skin/](https://health.ny.gov/diseases/cancer/skin/)