

Men's Health

Upcoming Events

November 2025
Millennium Wellness Center
New York City

Mobile Mammogram

In partnership with Mount Sinai

November 17 | 9 AM – 3 PM

Location: Mobile Exam Van between Park Ave. & Lexington Ave. on 53rd St.



Men's Health

Lunch & Learn with Michael Rosen, MD

November 19 | 12 – 1 PM

Topic: Why Men Need Screenings & Which Ones Matter Most

Location: 399 Park Ave. Multipurpose Room, Sub Level -2



Men's PSA Blood Screening

December 3 | 9 AM – 1 PM

Led by Rainier Chirinos, NP

Location: Millennium Wellness Center, Sub Level -2

This event fills quickly. If you do not see a time that fits your schedule, please call Philice or Kimberly at 929-813-3800 for assistance.



What Health Providers See Most in Men's Health

Many men put off care until symptoms become hard to ignore.

At [Millennium Wellness Center](#), our providers often see:

Physicians and Nurse Practitioners:

High blood pressure, high cholesterol and stress-related issues. These conditions are best managed with regular screenings and checkups.



Doctors of Chiropractic and Doctors Physical Therapy:

Back and neck pain from sitting long hours at a desk, posture concerns and sports-related strains. These issues are treatable with hands-on care and corrective exercises.

We Offer Integrated Care

Our providers work together to connect lab testing, screenings and musculoskeletal care, giving men a complete path to better health.

Take action this month by scheduling your screening or musculoskeletal check-in at the Wellness Center.

[Schedule Here](#) >>

PSA Screening: What It Means for Men

The prostate-specific antigen (PSA) test is a simple blood test that can help detect changes in the prostate early, often before symptoms appear. Early detection is key, as prostate cancer is one of the most common cancers in men. A quick screening can provide peace of mind and, if needed, guide timely follow-up care.

Common Myths and Facts

Myth: A PSA test is painful.

Fact: It is a routine blood draw, completed in minutes.

Myth: Only men who have symptoms need a PSA test.

Fact: Many prostate changes develop silently, which is why regular screening matters.

Myth: A high PSA level always means cancer.

Fact: Levels can rise for many reasons, including age and benign conditions. Your provider will interpret your results in context.

[Millennium Wellness Center](#) nurse practitioner [Rainier Chirinos](#) will be offering PSA blood screenings at the Wellness Center on November 5, from 9 AM to 1 PM.

Take charge of your health by signing up for your PSA screening when registration opens.



Did You Know

Men's Health by the Numbers

- In the U.S., about 50.8% of men ages 18 and older have hypertension (defined as high blood pressure or taking medication).¹
- Around 39.2% of adult men are classified as obese.¹
- Life expectancy in the U.S. in 2002 was estimated at 74.8 years for men versus 80.2 years for women, a gap of about 5.4 years.²

Why These Numbers Matter

These figures illustrate common, modifiable health risks that many men carry silently but can address with ease:

- High prevalence of hypertension and obesity underscores the importance of regular screening and early intervention.
- Low rates of physical activity suggest an opportunity to engage in workplace or on-site group exercise programs.
- Many men skip annual checkups, missing chances for prevention and early detection.

Transforming workplace wellness starts here at [Millennium Wellness Center](#), where on-site men's health services are designed to help change the numbers and support healthier outcomes.

References

1. Centers for Disease Control and Prevention. FastStats: Men's Health. National Center for Health Statistics. Last reviewed June 26, 2025. Accessed October 1, 2025. <https://www.cdc.gov/nchs/fastats/mens-health.htm>
2. U.S. Food and Drug Administration. A Concerning Trend in Men's Health. FDA Voices. June 27, 2024. Accessed October 1, 2025. <https://www.fda.gov/news-events/fda-voices/concerning-trend-mens-health>



A Word from Our HSS Affiliate

How Aging Affects Testosterone and Muscle Mass in Men



Exercise is an important tool to stay healthy and mobile as we age.

Learn from the experts at HSS how exercise and testosterone can impact muscle mass in men.

[Click here to read more!](#)

Rehab Corner

Strength in Stillness: The Power of Isometric Exercises

Not all workouts require continuous movement. Isometric exercises, such as planks or wall sits, strengthen muscles by holding a position and engaging stability.

These exercises are simple, joint friendly and can be done anywhere — perfect for busy professionals who want to build strength without leaving the office.

Click [here](#) to learn more about the best isometric exercises.

