

Men's Health

Mastering Men's Health for Peak Professional Performance

Men's health encompasses physical, mental, and reproductive wellness. Regular checkups and screenings are key to maintaining overall vitality.

Gentlemen, your health deserves top priority. Here's what you need to know:



Prostate Cancer Screening:

PSA (Prostate-Specific Antigen) blood test is key!

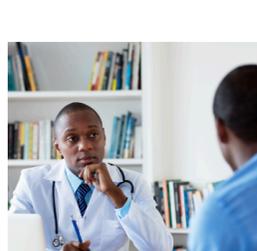
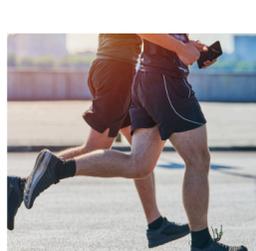
Remember:

Elevated PSA doesn't always mean cancer. BPH or prostatitis can also cause high PSA levels. A urologist can help interpret your results.

Heart Health = Reproductive Health:

Poor cardiovascular health may lead to erectile dysfunction.

Maintaining a healthy heart supports overall male wellness.



When to See a Urologist:

Experiencing prostate-related symptoms?

Concerned about your PSA levels?

[Schedule](#) an appointment for referral for peace of mind.

On-site PSA Blood Test Screening Event

11/19/2024

9:00am-4:30pm

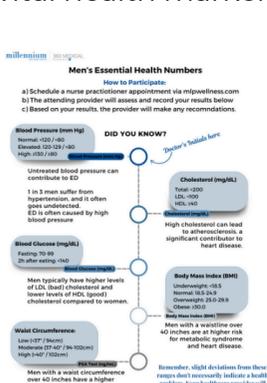
To schedule your appointment call Philice at x4200

Executive Health: 30-Minute Screenings That Could Save Your Life

Our 30-minute Health Screening offers a rapid yet comprehensive check of your vital health markers.

Here's what you'll get:

- Blood pressure
- Cholesterol checks
- Diabetes risk assessment
- BMI calculation
- Waist Circumference



Why it matters:

Catching potential issues early can prevent major health setbacks. These quick screenings fit seamlessly into your busy schedule, ensuring you stay on top of your health without missing a beat in your professional life.

Book a [Health Screening](#) now with a MWC Nurse Practitioner.

Upcoming Event

Wisdom for Men's Wellness

Mark your calendars this November for a month of men's wellness



Men's Health Lunch and Learn

November 6, 2024

Panoramic View on Men's Health

with renowned speaker:



Dr. Hossein Sadeghi-Nejad, MD



Free PSA Blood Screening

November 19, 2024

9:30am-4:30pm

in partnership with:



Boost Your Defense!

Flu Shot Appointments

Missed the Flu Shot Clinic? Don't worry! Appointments are still available.

Click [here](#) to schedule your flu shot.



COVID-19 Vaccine Appointments

Omicron KP.2 strain vaccines now available at our Millennium Wellness Center.

Click [here](#) to schedule!



A Word From Our HSS Affiliate

How Aging Affects Testosterone and Muscle Mass in Men

Curious about how muscle mass and testosterone impact your overall health?

Discover the connection and learn how to maintain both as you age.

Click [here](#) to explore key insights and tips from experts at HSS!



Rehab Corner

Push-up with Trunk Rotation

Looking to improve your strength and stability?

This move targets your core, arms, and shoulders for a full-body workout.

Click [here](#) to learn how to do it and add it to your routine!

