

SUNDAY MORNING Health Corner

Mo-vember: Focus on Men's Health

It's a fact: Black men don't go to the doctor enough. Our loved ones and communities suffer as a result.

Mo-vember is a campaign that promotes growing a moustache during November to raise awareness about men's health. It focuses on prostate cancer, mental health, and testicular cancer.

Why do Black men overlook the need for annual doctor visits? According to a recent article from **Word In Black**, common excuses include:

"I'm a'ight"

"I'm too busy"

"I don't like uncomfortable exams of my body"

Let's encourage Black men to take on healthier behaviors and go to the doctor every year. Try these tips::

- Have discussions about your family's health history
- Start or expand your church's health ministry
- Write down questions before a doctor visit

And, consider growing a moustache in November to represent your commitment to a healthy lifestyle!



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GILEAD™
INC.

1001 Boulders Parkway – Suite 510
Richmond, Virginia 23225