

THE BALM
IN GILEAD
INC.

Sunday Morning

HEALTH CORNER



Start Strong: Celebrating the Power of Men's Health

June is Men's Health Month, a time to focus on the well-being of our brothers, fathers, sons and friends.

For African-American men, it's especially important to stay on top of regular check-ups, preventive screenings and daily habits that support long-term health.

The world needs our men strong, present, and healthy, not just for themselves, but for their families and communities too.

For African American men, regular check-ups aren't just routine, they're essential. Skipping preventive screenings can lead to higher risks for serious health issues like heart disease, diabetes, and cancer (Mayo Clinic News Network, 2022).

Staying ahead with early screenings and simple lifestyle changes can make all the difference.

Take Control of Your Health

While larger changes are still needed to close the gap in health disparities, there are key ways African Americans can take control of their health. Mayo Clinic offers these five (5) practical tips for self-advocacy:

1. Ask questions, if you don't understand something.
2. Be honest about how you're feeling.
3. Learn your family's health history.
4. Don't be afraid to get a second opinion.
5. Try virtual visits, if going in person is hard.

Why It Matters

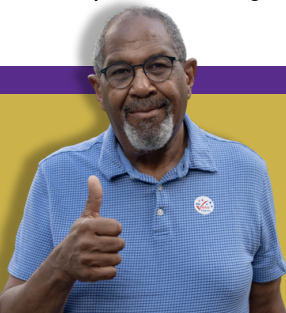
Too many men delay care, not just because of access, but because of trust. Seeing a provider who understands your background can make all the difference in getting the care you need.

What You Can Do

- If you don't already have a physician, consider finding one.
- Encourage a friend or family member to do the same.
- Look for providers or clinics that prioritize culturally competent care.



For more information, visit the [MayoClinic.org](https://www.MayoClinic.org).



The mission of **The Balm In Gilead, Inc.** is to improve the health of individuals who are most at risk for chronic and acute diseases by supporting faith and community organizations in areas that mobilize and strengthen their capacity to increase awareness in areas of prevention, treatment, and access to care through education, programming and advocacy. Learn more at [balmingilead.org](https://www.balmingilead.org).

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