

June is Men's Health Month



June is **Men's Health Month**, and it's a timely reminder for men to prioritize preventive care—starting with screenings that can make a real difference. One of the most important is the prostate cancer screening, especially for men over 50 or those with higher risk factors.

According to the American Cancer Society, men at average risk should begin discussing prostate cancer screening with their provider around age 50. Men at higher risk—such as African

American men or those with a father or brother diagnosed with prostate cancer before age 65—should consider starting the conversation at age 45. Those at even higher risk, including men with more than one close relative diagnosed at an early age, may benefit from beginning as early as 40.

Prostate cancer often develops without symptoms in its early stages, which is why early discussions and screenings are important. The screening process typically includes a PSA (prostate-specific antigen) blood test and, in some cases, a physical exam. It's a straightforward part of a routine visit and can offer peace of mind and early insight.

Outpatient Medical Center encourages men to take this step for their health. Call today to schedule your screening or talk to your provider about when to start.