



June 1, 2007

A+ CARE and MEN'S HEALTH



A+ CARE

FCSW is participating with The Colorado Department of Public Health and Environment to bring patients the most advanced technology in monitoring cardiovascular disease, diabetes, and high blood pressure. If you suffer from any or all of these conditions and are a current patient at FCSW then you can enroll in the program simply by scheduling an appointment. As part of the program you will receive a free blood pressure cuff that is yours to keep. You will then be able to report your blood pressure online or over the telephone on a regular basis to receive almost instantaneous results and treatment. For example, if your blood pressure is in a dangerous range then A+ Care will contact you and FCSW for immediate assistance. For more information please contact the office at 303-933-4555.

Men's Health

National Men's Health Week is from June 13th to June 19th in conjunction with Father's day. According to The American Cancer Society it's estimated that 675,300 American men are diagnosed with cancer every year. The good news is that the three male-only cancers (prostate, testicular, and penile) all have a high survival rate. Since the key to beating most cancers is

early detection, FCSW would like to remind its male patients of the importance of annual physicals and the various screening tests available.

Men over fifty should be once a year since the symptoms for often benign. Testicular Cancer on detected by symptoms such as testicle. Penile Cancer is detected by penis, thickening of the skin, unusual and unusual bleeding.



getting a PSA and Prostate Exam early Prostate Cancer are sparse and the other hand is more quickly aching, swelling, or a lump in the symptoms such as sores on the discharge near the head of the penis,

FCSW would like to emphasize that a complete physical is important for men of all ages. Many patients assume that they are not at risk of cancer until they reach the age of fifty, but this is not the case. Young men are particularly at risk for Testicular Cancer. Rachel Meyers Lowe of Cancerpage.com explains how Testicular Cancer can hit men between the ages of 25 and 35:

While more than 60% of cancers are diagnosed in people over 55 years of age, testicular cancer can strike young adults. Testicular cancer is the most common solid tumor in men between the ages of 25 and 35 years. (Lowe 1)

Men must realize the importance of annual checks even if they think they are in perfect health. Scheduling complete physical examinations is the best way to ensure health and prevent a late cancer diagnosis. FCSW would like to encourage patients to go the extra mile by coming in for annual examinations. It's an excellent way for patients to take responsibility for their own health, and for FCSW to do a better job keeping its patients healthy.

Sources:

- American Cancer Society
- National Cancer Institute
- Rachel Meyers Lowe Cancerpage.com
- Colorado Department of Public Health and Environment

For additional information please use the following links:

http://www.cancerpage.com/promos/June_Men.asp
<http://www.menshealthweek.org/>
<http://www.cancer.org/>