

Men's Health Month

Calling all men!

Join us in celebrating men's health and wellness!

No matter what their age, men have much to gain from regular visits to the doctor, getting their required medical tests each year and receiving preventive care.



Health Care Providers at SJCC recommend the following:

- **Eat healthy, including fruits and vegetables in your diet.** If you have a medical condition, talk to your doctor about what is best for you! *Ask to speak with our dietician!*
- **Get regular physical activity.** Not everyone can go to the gym. But walking for at least 30 minutes a day, five days a week will help! If you can, try walking fast. Walking exercises your heart and lungs; and it helps your muscles too. If you enjoy dancing go for it! It's good for you.
- **Maintain a healthy weight.** Being overweight or obese can increase your risk for heart disease and Type 2 diabetes. If you already have these conditions, managing your weight can help save your life!
- **Quit tobacco!** If you smoke or chew tobacco, stop! Smoking hurts your lungs and will affect your heart.
- **Beware of the spirits!** Always drink responsibly or don't drink at all.
- **Manage your stress.** Get enough sleep, do yoga exercises, or just sit quietly and feel every breath you make. Find a place that is comfortable and chill!

Be good to your heart. Heart disease is the leading cause of death for men in the United States, that's 1 in every 4 men!

Talk to your doctor about men's health.

Call Our Appointment Center: (209) 468-6820

OUR CLINICS ARE OPEN

Your health and safety are important to us!

When you visit, you will notice:

- Carefully monitored entrance points
- All patients and visitors are being screened for symptoms and possible COVID-19 exposure before entering the building
- Universal masks are required for all patients, visitors, and staff
- Waiting areas are rearranged for social distancing
- Frequent cleaning of exam rooms and waiting areas

Feeling COVID Symptoms?

If you have a fever, cough and shortness of breath, and you may have been exposed to COVID-19, call your doctor. If you are a patient of San Joaquin County Clinics, call (209) 468-6820 and ask to speak with the infection control nurse or your doctor.

Men's Reproductive Health

When Reproductive Health is mentioned, men usually step back and let women do the talking. The truth is, men's health and men's roles are just as important.

Men need to be actively involved:

- Protect yourself from sexually transmitted diseases (STDs). Condoms are effective in reducing the risk for STDs. Having multiple partners and not practicing safe sex is risky business.
- Talk to your partner about protection or birth control methods. You have just as much responsibility about preventing a pregnancy! Know your options.

Vasectomy is a common method of birth control. It cuts the supply of sperm to your semen. It does not affect sexual performance or damage the sexual organs. If a man has a vasectomy, he **can't** get a woman pregnant. The procedure is easy and can be done in the clinic.



Ask your doctor about a Vasectomy... or make an appointment by calling: (209) 468-6820.