

ABOUT YOUR HEALTH

# MEN'S HEALTH



What you need to  
know to stay healthy



## BE A HEALTH ROLE MODEL

As men, we are often called upon to be strong. But how can we be strong for our families, our friends and our community if we're not healthy? The answer is simple: We need to step up and be role models for our loved ones. They are counting on us to:

- Get a yearly checkup.
- Get age-appropriate screenings.
- Take our medications as directed by our doctor.
- Practice healthy habits.

The good news: MLK Community Healthcare makes it easy for you to do all of these things and more. Here's how:



### We'll help you find a primary care doctor

All men need a primary care doctor to help manage their health. Having one doctor who sees you for everything from a stomachache to blood-pressure control means you have one person who really knows your history. And when you see your doctor regularly, it's more

likely that any health issues will be detected early, when they're most treatable. Your primary care doctor can also help you find the right specialist if you need one.

See all our doctors here:  
[www.mlkch.org/find-doctor](http://www.mlkch.org/find-doctor)



### We'll help you practice healthy habits

MLK Community Healthcare supports you through a variety of free programs, including:

- **ManUp!:** Free men's health education and screenings at South LA barbershops.
- **Smoking cessation:** Group support guided by a trained substance abuse counselor on how to stop smoking.
- **Recipe for Health:** A guided healthy living and nutrition program for people with diabetes.
- **Know Your Basics:** Our community health education and screening program, that includes a free e-newsletter that will help you take control of your health with helpful diet, exercise and mindfulness tips.

Sign up here:  
[www.mlkch.org/know-your-basics](http://www.mlkch.org/know-your-basics)

See all our healthcare services here:  
[www.mlkch.org/our-services](http://www.mlkch.org/our-services)

## We'll make it easy for you

Short of time? You can talk to your doctor without leaving home. MLK Community Healthcare offers telephone or video consultations with our doctors for patients age 18 or older. Call us at **(424) 529-6755** to schedule your telemedicine appointment.

You can also use our online patient portal to see your personal health information, send a message to your doctor, and more—24 hours a day, seven days a week.

### ► MANUP! FOR YOUR HEALTH

All men should know their basic health numbers: blood pressure, sugar and risk of certain kinds of cancers that affect men. Through ManUp!, our free barbershop health screening program, you can get a quick, painless health screening. We'll write your numbers down for you on a screening card so you can monitor your progress the next time you come for a cut.

Find our next barbershop event here:  
[www.mlkch.org/classes-events](http://www.mlkch.org/classes-events)

**MAN  
UP!**  
FOR YOUR HEALTH



## THE BIG THREE

When you pay attention to your health, each thing you do will—over time—make you feel better, look better, and fight the three big killers of men of color: high blood pressure, prostate cancer, and diabetes.

### Here's what you need to know:

#### High blood pressure

Men of color are more likely to have severe high blood pressure and to develop high blood pressure younger than other men.

High blood pressure is preventable. It's possible to lower your blood pressure.

**What you can do:** Monitoring blood pressure is easy. You can do it at home, at your doctor's office, at a ManUp! barbershop event, or at other health screening events.

#### Prostate cancer

Men of color are more likely than other men to have this type of cancer. You can treat it if you catch it early. The only way to catch it early is to get screened using a blood test.

**What you can do:** See a doctor every year to get prostate cancer screening.

## Diabetes (high blood sugar)

Men of color have a 50% chance of developing diabetes. Diabetes is preventable. If you have diabetes, you can keep it from getting worse.

**What you can do:** Get a quick blood test from a simple finger prick at your doctor's office, at a ManUp! barbershop event, or at other health screening events.

## ONE SMALL THING CAN MAKE A BIG DIFFERENCE

Better health can start with a simple change. Do one small thing to improve your health. Make it a new habit. Then add another. Challenge your friends to join you. One small step at a time, you'll be doing big things for your health. Simple things to try now include:

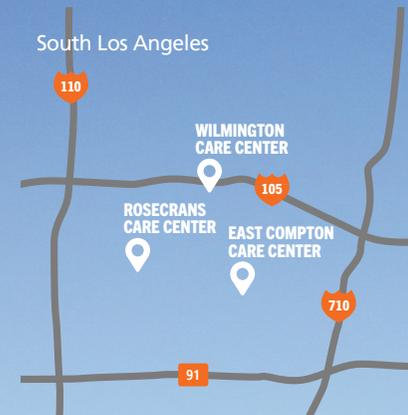
- Limit alcohol to two drinks a day.
- Take a 15-minute walk, 6 days a week.
- Replace soda (pop) with water, sparkling water, or low-fat milk.
- Choose baked chicken instead of fried or barbecued.
- Every day eat one green vegetable. (Such as spinach, kale, collards, chard, broccoli, brussels sprouts, lettuce.)
- Quit smoking.
- Stop salting your food.
- Make an appointment for your yearly checkup—now!

## MAKE AN APPOINTMENT



**Schedule your checkup:**  
**(424) 529-6755**  
**mlkch.org**

## FIND US HERE



**East Compton Care Center**  
135 E. Compton Boulevard  
Compton, California 90220

**Rosecrans Care Center**  
2251 W. Rosecrans Avenue  
Suite 18-21  
Compton, California 90222

**Wilmington Care Center**  
12021 Wilmington Avenue  
Building 11, Suite 1000  
Los Angeles, California 90059





**MLK Community  
Healthcare**

[mlkch.org](http://mlkch.org)